



Homemade Fruit-Sweetened Oat Milk



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



112 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 banana ripe
- ☐ 2 cups oatmeal raw cooked
- ☐ 1 teaspoon vanilla extract
- ☐ 4 cups water cold

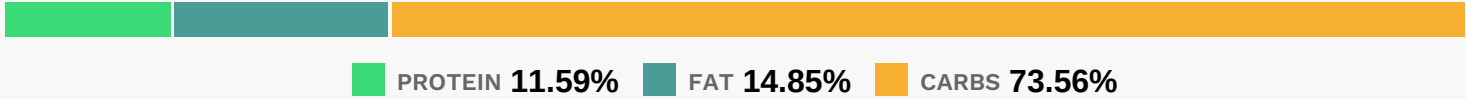
Equipment

- ☐ sieve
- ☐ blender
- ☐ cheesecloth

Directions

☐ Place all ingredients in a blender and process for 2 to 3 minutes.Strain through a fine mesh strainer or cheesecloth.Chill the oat milk in the refrigerator until ready to use.It may thicken further. If so, you can thin with additional water.

Nutrition Facts



Properties

Glycemic Index:28.82, Glycemic Load:10.53, Inflammation Score:-2, Nutrition Score:5.9695652166139%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 111.97kcal (5.6%), Fat: 1.87g (2.88%), Saturated Fat: 0.39g (2.47%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 18.1g (6.58%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 16.88mg (0.73%), Alcohol: 0.34g (100%), Alcohol %: 0.11% (100%), Protein: 3.29g (6.57%), Manganese: 0.76mg (37.93%), Fiber: 2.75g (11%), Magnesium: 41.95mg (10.49%), Phosphorus: 96.38mg (9.64%), Selenium: 6.59µg (9.42%), Zinc: 1.24mg (8.24%), Copper: 0.15mg (7.4%), Vitamin B1: 0.1mg (6.53%), Iron: 1.13mg (6.27%), Vitamin B6: 0.11mg (5.72%), Potassium: 188.76mg (5.39%), Vitamin B5: 0.46mg (4.62%), Folate: 12.9µg (3.22%), Vitamin C: 2.57mg (3.11%), Vitamin B2: 0.04mg (2.42%), Vitamin B3: 0.46mg (2.31%), Calcium: 19.18mg (1.92%)