



# PLANT-BASED MILK

## *Oat milk*

### INGREDIENTS

- 50gr of rolled oats
- 500 ml of cold water
- optional: sweetener of your choice (a couple of dates, maple syrup or, my favourite, a tbs of almond butter)

**PREP TIME: 10 MIN**

### DIRECTIONS

1. Blend your oats and 350ml of water together for ca 30 sec.
2. Strain in a stainless steel strainer or nut milk bag to remove pulp.
3. Add the rest of the water and shake.
4. Store in a glass bottle or jar in the refrigerator and use within 3-5 days.
5. Shake well before using.

## *Almond milk*

### INGREDIENTS

- almond butter
- 500 ml of water
- optional: sweetener of your choice (a couple of dates, maple syrup, I don't use any)

**PREP TIME: 5 MIN**

### DIRECTIONS

1. Blend 2-3 tbsp of almond butter and the water for less than a minute.
2. Store in a glass bottle or jar in the refrigerator and use within 3-5 days.
5. Shake well before using.