

Oat Milk

yield: ½ gallon

11 December 2022

Soak

30g cashews in  
whey to cover for 3 hours. Drain. (results in 40g soaked nuts)

Mill finely

190g oat groats and transfer to ½ gallon measuring pitcher.

Whisk in 1½ cup cold water and 2½ cups boiling water.

Microwave 10 minutes at #2 power. Check temperature (should be 155-174F).

Whisk in

2 smidgens (smallest spoon) alpha amalyse.

Vitamix for 1 minute at #10.

Add

1 dropperful vanilla  
the soaked cashews  
¼ teaspoon salt

Vitamix for 2 minutes on HIGH. Debubble for ~5 minutes.

Pour the mixture into large deep stainless mixing bowl. Whisk in 4 cups cold water.

Arrange the ultra fine plastic mesh over a metal strainer. Use small spring clamps to secure the mesh to the strainer. Place the strainer over the small SV pot (sized so that the strainer sits atop the pot, but also fits inside the pot). Now pour the blended oat mixture into the strainer and use a spatula to keep the sludge (that's the oat bran) moving so that the entire mixture is strained. Set the sludge aside (DON'T throw it out!).

Let sit until most of the bubbles are gone. Store in 2 @ 1 qt bottles.

Store the sludge in freezer. Make muffins out of it. :)