**[Oat Milk](http://www.mindfulwellness.us/lifestyle/oat-milk)**

**6-8 servings  
1 day**

* 5 cups water
* 2 cups gluten-free oats
* 2 cups oat groats
* 1 tbsp vanilla extract

1. Blend all of the ingredients.
2. Strain the mixture using a cheesecloth into a glass container.
3. The remaining fibrous oat mixture can be turned into [oat yogurt](http://www.mindfulwellness.us/breakfast/oat-yogurt" \t "_blank) or can be dispensed.
4. Depending on taste and texture, add cup of water to acquire a thick and creamy consistency.

*Tips:*

* The milk can be sweetened by adding 1-2 medjool dates.
* Flavored oat milk can be obtained by adding freeze-dried fruit powders or extracts.
* Don't use metal lids or spoons to stir this, it may alter the flavor. This milk will separate after short a period of time and need to be mixed after sitting.
* This recipe pairs well with [buckwheat granola](http://www.mindfulwellness.us/breakfast/buckwheat-granola" \t "_blank).