



Raw Coconut Oat Milk

INGREDIENTS

6 tablespoons coconut flakes

6 tablespoons gluten-free oats

6 cups water

1/8 teaspoon pink sea salt

4 dates

This new vegan milk has become a fast favorite at [The Source](#). We're used to seeing nut milks in place of dairy milks. But what if you're allergic to nuts and not into soy? Enter oat milk. (If you want pure oat milk, use 1/2 cup oats and take out the coconut flakes.) I love to add cinnamon and nutmeg (and even ginger) to mine. This milk is beautiful in matcha lattes, coffee, and baking. You can really use it anywhere for a dairy free/nut free milk!

Some of my favorite benefits this milk has to offer are:

- high protein
- high fiber
- high resistance starch
- raw oats lower cholesterol & help maintain healthy cholesterol and blood sugar levels
- improves skin & hair health

If you're adventurous, you can save the leftover pulp after straining your milk, and add it to smoothies or baked goods, or eat it as a hot porridge with berries, seeds, and maple syrup. Yum!

1. In a liquid measuring cup or a bowl, soak the coconut flakes and oats with 2 cups of water. (Make sure there is at least a cup of extra water in the bowl for overnight soaking.)
2. In the morning, strain and rinse the coconut flakes and oats.
3. Blend the coconut flakes and oats with the sea salt, dates, and 4 cups of water in your high speed blender. (I use vitamix.)
4. Strain the milk using a nut bag or cheesecloth.

5. Enjoy!