



ZERO WASTE RECIPE



OAT MILK

plant-based drink

INGREDIENTS

- 1L water
- 100g oatmeal

UTENSILS

- blender
- scale
- funnel
- 2 strainers
- 2 containers
- 1 glass bottle
- 1 wooden spoon

INDICATIONS

- Preparation: 30 minutes
- Precautions: clean hands and tools

PREPARATION

- 01 Mix the water with the oats in a blender at high speed.
- 02 Strain the mixture through a sieve. Put the oatmeal residue in the sieve into a resealable jar (to cook cereal bar).
- 03 Strain the resulting liquid through a fine sieve.
- 04 Add agave syrup or honey to taste.
- 05 Pour into a glass bottle and chill.