

HOMEMADE OAT MILK

Yield 2 1/4 cups, double for a larger batch.

Chefs Notes

Think about overnight oats. Adding plant milk, or even water, to oats and allowing time, creates a creamy result. We like that. I use this principle to make creamy vegetable soups. That is, I add a few tablespoons of rolled oats to my vegetable soup pot. But, we don't want that consistency in fresh oat milk.

Beta glucan, the healthy soluble fiber in oats, is responsible for what is often described as the 'slimy'-pasty, viscous consistency in homemade oat milk. While beta glucan may make homemade oat milk seem unappetizing, is not harmful. Follow the rules listed below for successful, additive free homemade oat milk.

The Rules

- *Do not soak the oats* ahead of making oat milk.
- *Use ice water, not warm* water or even room temperature water.
- *Blend no more than 30 – 35 seconds* in a high-speed blender
- *Strain the milk* through a fine mesh strainer, but do not squeeze or press.
 - Allow the milk to drip thorough.
 - Remove the oat pulp from the strainer. Save the pulp to use in oatmeal.
 - Strain again.
- Pour into a clean container, cap tightly and refrigerate.
- Use within 4-5 days.
- Shake well before using. (This goes for all plant milks, including commercial ones.)

Ingredients

2 1/2 cups ice water

½ cup rolled oats

Pinch salt

Optional: Vanilla extract, maple syrup, date paste, other flavorings.

1. Pour the ice water into the container of a high-speed blender.
2. Add the oats and salt.
3. Immediately blend for 30-35 seconds.
4. Allow the milk to drip through a fine mesh strainer. Do not push on the oats.
5. The oat pulp from the strainer, strain again.
6. Stir in vanilla extract, maple syrup, date paste.
7. Pour into a clean jar and cover tightly.
8. Shake well before using.
9. Use within 4- 5 days.

OAT SESAME SQUARES

Recipe adapted from my cookbook, [More Great Good Dairy Free Desserts Naturally](#).

Crunchy with calcium-rich sesame seeds, gluten-free and fiber rich, this rather plain, anytime cookie is quick and easy.

Makes 16 -24 pieces, depending on the size

Ingredients

1/2 cup sesame seeds, lightly toasted and cooled
2 cups oat flour, purchased or homemade
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/4 cup neutral vegetable oil, grapeseed, sunflower
5 tablespoons pure maple syrup, grade A dark, or dark amber
1 teaspoon vanilla extract
1/2 teaspoon almond extract

1. Position rack in the middle of oven and preheat to 350F degrees.
2. Combine oat flour, cinnamon, and salt in a medium bowl. Add the sesame seeds and stir to mix.
3. Whisk oil, maple syrup, and vanilla and almond extracts in a small bowl until emulsified.
4. Pour into oat mixture and stir with a spatula until the dough holds together when squeezed.
5. Set aside 10 minutes.
6. Roll dough between two 9 x 13-inch pieces of parchment paper to a rough rectangle, 1/4 to 1/2 inch thick.
7. Remove the top piece of parchment paper. Lift the dough, still on the bottom sheet of parchment paper onto a baking sheet. Press the dough as necessary to smooth any cracks.
8. Trim the outer edges of the dough to make straight sides, saving the scraps to bake as sample pieces. Cut the dough into 16 to 20 squares.
9. Bake 9 to 10 minutes, until the squares are very lightly brown.
10. Remove from oven.
11. Cool on a rack.
12. Separate the squares and store in an airtight tin or jar at room temperature for up to three days. Freeze for longer storage.

I'm working on an oil-free version. Divide the original recipe in half or quarter and try it. Let me know what you think.

1. Replace the oil with runny tahini. Add additional water or plant milk if needed to make dough that holds together.
2. Roll and bake following the instructions above.