

Oat Milk with Tasty Warming Herbs

Here's how to make oat milk the herbal way. In this simple recipe we combine oats with warming herbs for a tasty, relaxing drink that's perfect for the cold fall and winter months.



What you'll need...

- 1 cup rolled oats
- 3.5 cups of water
- 1 tablespoon fresh chopped rosemary leaves (or 1 teaspoon dried rosemary leaves)
- ½ teaspoon Ceylon cinnamon powder
- 1 tablespoon freshly grated ginger
- 1/4 teaspoon cardamom powder
- A pinch of sea salt
- Honey to taste (optional)

- 1 Add the rosemary, cinnamon, cardamom, and ginger to a large jar. Bring the water to a boil and pour it over the herbs in the jar. Cover the jar with a lid and let steep for 15 minutes.
- 2 Strain out the herbs and let the tea cool on the counter. Once it has cooled to room temperature, put the tea in the fridge to cool down further. Once it is chilled (that is, roughly the temperature in your fridge), you can proceed to the next step.
- 3 Once the tea has finished cooling, add it and the rolled oats to a blender. Blend for 30 seconds. Check to see if the oats have been thoroughly blended into smaller pieces. If not, blend for another 15–30 seconds.
- 4 Strain the mixture through 2 fine mesh strainers to ensure that your oat milk is not too thick.
- 5 Add a pinch of sea salt to your oat milk, and if desired, honey to taste.
- 6 Refrigerate your oat milk. In the fridge, this oat milk will keep for up to 3 days. Separation will naturally occur in your oat milk, with heavier oat particles sinking to the bottom of the jar. To address this separation, you can simply shake your oat milk before consuming it.

Note: After you've finished making your oat milk, I recommend not heating it up. Heating the oat milk will make the milk thicker and slimy. Luckily, the warming herbs in this milk will add a nice kick of heat to the milk so you don't have to heat it to still experience the warming benefits of this oat milk recipe.

Yield: several servings! You can drink this herbal oat milk by the mugful or add it to your morning coffee, cereal, and more.