

Homemade Macadamia Oat Milk

Serves 3

Ingredients:

- ½ cup whole rolled oats
- 3 cups purified water
- 1 teaspoon maple syrup or honey
- ½ teaspoon pure vanilla extract
- ½ cup salted macadamia nuts

Directions:

1. Combine all ingredients into a blender. Blend for 30 seconds.
2. Pour contents into a glass container through a mesh strainer.
3. Chill and enjoy!



Nutrition Information per serving (1 cup):

Calories: 100, Total Fat: 2 g, Saturated Fat: 0g, Unsaturated Fat: 2g, Cholesterol: 0mg, Sodium: 4mg, Carbohydrate 18g, Fiber: 3g, Sugar: 1g, Added sugar: 0g, Protein: 3g

SOURCE: Modified from <https://www.loveandlemons.com/oat-milk/>
