

School Breakfast Clubs Program Recipes



Treat your students with a fun recipe that you can easily make using School Breakfast Clubs Program ingredients. Enjoy!



Oat Milk

Serves: 4 to 5 cups

Difficulty: Easy

Health Rating: Green

Ingredients

1 cup of rolled oats

4 cups of water

Method

1. To make oat milk simply add 1 cup of rolled oats and 4 cups of water to a high-speed blender and blend on high for 30-45 seconds
2. Then strain through a clean t-shirt or towel for best results

Should last about five days in the fridge. If it separates, just give it a shake.

Over blending (30-45 seconds is ideal) or soaking your oats can make your milk slimy in texture.

Strain twice to get rid of starch that can make it slimy. Using a towel or t-shirt stops pulp from getting through too.