

# Cashew Coconut Oat Milk

Creamy, 5-ingredient dairy-free milk made with oats, cashews, and coconut! A delicious, rich blend that mocks Oatly Barista milk, froths beautifully, and pairs well with matcha or coffee!

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Prep Time 40 minutes

Total Time 40 minutes

Servings: 7 (1/2-cup servings)

Category: Beverage

Cuisine: Gluten-Free, Vegan

Freezer Friendly 1 month

Does it keep? 5 Days

## Ingredients

- 3/4 cup raw cashews (raw is best)
- 1/2 cup unsweetened coconut flakes (we like the large flakes, but small is okay, too)
- 1/4 cup rolled oats (not steel cut, gluten-free certified as needed)
- 1 medjool date, pitted (or sub maple syrup or stevia to taste)
- 1 pinch sea salt
- 3 cups filtered water (or highest quality water possible)

## Instructions

1. Soak cashews (uncovered) in very hot water for 30 minutes, or in cool water for 6 hours or overnight (be sure not to soak longer than 8 hours or the cashews can get too soft).
2. Drain and rinse cashews, then add to a [high-speed blender](#) with coconut flakes, rolled oats, date, salt, and filtered water. For this recipe (as written) we recommend starting with 3 cups (720 ml) water for a richer, creamier milk. If you prefer slightly thinner milk, add up to 4 cups (960 ml) total.
3. Top blender with lid, cover with a towel to ensure it doesn't spill over, and blend on high for 60 seconds.
4. Place a [nut milk bag](#) (or thin, clean dish towel or t-shirt) over a large mixing bowl and pour the milk over it. Then strain, squeezing really well until mostly pulp is left — this may take a few minutes.
5. At this point the milk is ready to enjoy as is, or it can be refrigerated up to 4-5 days (sometimes — you'll know if it's still fresh by the smell).
6. This blend is perfect for frothing / heating, or used cold as a thick milk or "creamer" for [hot or iced coffee](#) or [matcha](#)! We haven't tested freezing it, but suspect it would work, though it's always best when fresh.

## Notes

\*Recipe as written makes ~3 ½ cups milk/creamer.

\*Nutrition information is a rough estimate calculated with full amount of ingredients included. Actual nutrition per serving will have slightly fewer calories, fat, carbohydrates, etc. due to straining through nut milk bag.

### **Nutrition Per Serving (1 of 7 half-cup servings)**

- **Calories:** 135
- **Fat:** 9.9g
- **Saturated fat:** 4.4g
- **Sodium:** 14mg
- **Potassium:** 157mg
- **Carbohydrates:** 10.1g
- **Fiber:** 1.9g
- **Sugar:** 3.5g
- **Protein:** 3.4g