

Oat drink with turmeric

Ingredients required for 2 persons

Preparation time 5 minutes

Difficulty easy

Ingredients

400 ml cold water

50 g oats

30 g dates

2 TL turmeric powder

1 TL cinnamon almond spice oil

1 TL coconut oil



Preparation

Place all ingredients in a blender and mix. If the drink is too thick, add cold water. Kept in an airtight container, the oat milk can be stored for up to 3 days in the fridge.