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What is OAT MILK?

People avoiding milk due to an allergy, intolerance, vegan lifestyle, or other preference have many dairy alternatives to choose from at their nearby supermarket. Almond milk, soy milk, coconut milk, and cashew milk are widely known, but what about oat milk? Oat milk is quickly gaining steam at coffee houses and is poised to become a popular alternative dairy beverage. Varieties of oat milk started showing up in stores in 2018. **The foodies at Bon Appétit say oat milk is formed when steel cut oats or whole groats are soaked in water, blended and then strained. The resulting “milk” is purported to taste like the cream that sits atop a bowl of porridge.** Because oats are more ubiquitous than nuts, oat milk can be a more sustainable option, as nut supplies do not need to be obliterated to produce milk-based products. Oat milk may have more calories than almond milk, but where it shines is in fiber content. Almond milk has around 1 gram of fiber per 8-ounce glass, while oat milk has 2 grams per glass. Just be aware that some varieties of oat milk are sweetened and that can add up to high sugar amounts.