

# Oat Drinks

As mentioned in the brose recipe, oat brose can be used as a dairy substitute in drinks and cereals. Commercial versions are now widely available in supermarkets and are usually found with other dairy substitutes, such as soy and almond ‘milks’.

## Ingredients

1 banana  
Handful of strawberries  
250ml oat brose

## Method

1. Put all the ingredients into a blender and mix until smooth, or use a hand blender in a bowl.
2. If using a blender then you can also add a few ice cubes for an ice cold smoothie.
3. You can add most fruits to a smoothie, the combinations are up to you, just add the brose to give a nice thick and creamy texture.

## Nutrition information

Per 100g	Energy 404kJ 96kcal	Fat 1.5g	Saturates trace	CHO 16.8g	Sugars 5.6g	Protein 2.5g	Fibre 2.6g	Salt 0.02g
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Oat/Barley content

**65g**

oats contained  
per 100g

Other flavours such as ginger, cinnamon and mint can also be used. These can be added once the brose has been prepared or, during the soaking / cooking stages, for a stronger flavour.

The versions here are open to adaptation in terms of the flavours added. Either brose should keep for up to 3 days if kept refrigerated in a sealed container.

The leftover grains can be used in other dishes such as porridge and stews.