

2 minutes application break

Oat milk

Facts

Origin Europe

Dates back Middle Ages

Ingredients Oats and water

A plant-based milk alternative, used as a substitute for cow's milk in a variety of applications.

MixSing Vacuum



Design

Shear	CFD simulations confirms $>200,000 \text{ s}^{-1}$
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 1,500 cP
Accessories	Vacuum system
Materials	Stainless steel: AISI 316L. All materials: EC 1935

Insight

Oat milk is a plant-based milk alternative made from oats. Making oat milk involves blending oats with water, straining the mixture to remove any solid particles, and then sweetening the liquid with a sweetener such as maple syrup or agave nectar. Oat milk can also be flavoured with vanilla or other spices.

The history of oat milk can be traced back to the Middle Ages in Europe. Oats were a common crop in the region and were often used to make porridge and other traditional dishes. It was also a staple food for the poor as it was cheap and easy to grow. However, it was not widely consumed as a beverage

until the 19th century, when it was used as a milk substitute for people who were lactose intolerant or had a cow's milk allergy.

Oat milk gained popularity as a plant-based milk alternative in the 21st century, with the rise of plant-based diets and the increasing awareness of the environmental and ethical concerns related to the dairy industry. It is popular among vegans and those looking for a dairy-free milk alternative. Oat milk is also a good source of beta-glucans, a type of soluble fibre linked to several health benefits, including improving heart health and reducing cancer risk.

Oat milk has a slightly sweet and creamy taste, making it ideal for coffee, tea, and other hot drinks. It can also be used in cooking and baking as a milk alternative. Oat milk is also a good source of carbohydrates, protein, and healthy fats. It is low in fat and calories, making it a good choice for people trying to maintain a healthy weight. Oat milk is also gluten-free and does not contain any cholesterol. Oat milk is now widely used worldwide; however, its origin can be traced back to Europe. It is used in coffee shops, as an alternative to cow's milk, in cooking and baking, and can be found in most supermarkets.