

Coconut Oat Vanilla Nut Creamer

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gluten-free, soy-free, oil-free

Makes 1 cup (237 ml)

This creamer gives you the same fun flavor without all the fillers. You can play with the extracts you use to change flavors.

1/4 cup (24 g) rolled oats

1/4 cup (24 g) finely shredded coconut

1 cup (237 ml) water

1 tablespoon (15 ml) agave nectar (or sweetener of choice, to taste)

1 teaspoon vanilla extract

1/4 to 1/2 teaspoon almond extract, to taste

Break the oats and coconut into tiny pieces with your blender. Add the water and let soak for

10 minutes.

Blend again for about 3 minutes or until smooth, then run the creamer through a fine mesh strainer over a small bowl to strain out the oat pieces.

Put the liquid, sweetener and extracts back in the blender and blend until the sweetener is incorporated and dissolved.

Per 1/4 cup (60 ml) serving with no pulp removed: Calories 83.8, protein 1.1 g, total fat 5.4 g,

carbohydrates 9.4 g, sodium 2.5 mg, fiber 1.5 g