



ANSON MILLS

Avena

Yield

Makes about 3¾ cups (4 to 5 servings)

Time

About 10 minutes of cooking time, at least 8 hours of chilling, and a quick whirl in a blender

Equipment Mise en Place

For this recipe, you will need a medium saucepan, a whisk, a heatproof bowl or 1-quart liquid measuring cup, and a blender.

Ingredients

3 cups whole milk or Creamy Homemade Almond Milk

⅓ cup (1.3 ounces) Anson Mills 18th Century Style Rustic Toasted Oat Flour

2 tablespoons granulated sugar

1 tablespoon light brown sugar

⅛ teaspoon fine sea salt

1 small cinnamon stick (about 1½ inches long)

1 cup (4 ounces) ice cubes

Ground cinnamon, for garnish (optional)

Directions

1. In a medium saucepan, combine the milk, oat flour, sugars, and salt and whisk to combine. Add the cinnamon stick and set the pan over medium heat. Bring the mixture to a simmer, whisking frequently, then immediately transfer to a heatproof bowl or 1-quart liquid measuring cup. Let cool to room temperature, cover with plastic wrap, and refrigerate until well chilled, at least 8 hours or up to 24.

2. When you're ready to serve, remove and discard the cinnamon stick from the chilled oat-thickened milk and pour the milk into a blender. Add the ice cubes and purée just until smooth; avena is best ice-cold, so don't blend longer than needed. Pour into glasses, garnish each serving with a pinch of ground cinnamon (if using), and serve. (Leftover avena can be stored in the refrigerator for up to 3 days. It will separate on standing, so stir well to recombine before serving.)