

Food Trend: Oat Milk



By [Katie Sotack](#)

Drink your morning oats with a new twist with non-diary oat milk. The pressure for mainstream coffee shops and supermarkets to add vegan-friendly alternatives, like almond milk and Beyond Beef, has soared in recent years. After oat milks, like Oatly, were introduced into coffee shops, people were ready to make the switch in their own homes. With its [healthy](#) reputation and the fact that it has one-third the amount of calories as half n' half, there are plenty of reasons to be stirring it into your coffee.

Non-diary milk alternatives are the [food trend](#) of the future. With abundant options of non-diary milks to choose from, what are the perks of oat milk?

Oats are a staple in health communities. Whether fitness bloggers are taking them in through traditional methods, trying overnight oats, or drinking their daily fill, oats are undeniably popular. Here are the reasons to give oat milk a spot on your shelf:

1. Cruelty-free: A huge turn-on for oat milk is that animals were not a factor in its existence. The lifespan of a milk-producing cow is low. Cows are artificially inseminated to keep milk pumping and milked throughout the last seven months of their pregnancy up until a year after the calf's birth, according to *nutritionfacts.org*. That is enough to make most animal lovers' stomachs turn. So, they opt for oat milk.

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2. Puss-free: Aside from the cruelty concerns, there's been growing research into cow milk containing puss. Generally, a healthy cow will not produce puss, but should they need antiseptics you may wind up drinking more of than you bargained for.

3. Lactose-free: For those whose gastrointestinal systems are not a fan of the lactose in milk, oat milk is a God send. Milks like Oatly are lactose and hormone-free, thus limiting the milk's negative effects on sensitive bodies.

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4. They're moving: While they're currently a trending ingredient for coffee add-ins, oats are looking to expand. Soon you'll find oats in alternative-yogurts and 'nice creams'. The dairy-free community is also praying that 2019 or 2020 becomes the year Starbucks adds oat milk to its shelves.

Would you be interested into trying oat milk? Share in the comments below!