



## Avena Helada

### Description

Avena Helada or Oats Drink is a very traditional drink. You can see it sometimes in Colombia, street vendors with carts selling it along with other Colombian delicatessens. This is a kind of drink you can serve at any time of day.

### Avena Helada or Oats Drink (English version below)

#### Ingredientes

- cucharadas de avena
- 1 taza de agua
- 1 taza de leche
- 1 astilla de canela
- 3 cucharadas de azúcar
- Una pizca de sal

#### Preparación

1. En una olla mediana poner el agua, avena, azúcar, canela y sal.
2. Cocinar a fuego medio revolviendo continuamente.
3. Cuando empiece a hervir agregar la leche.
4. Dejar hervir la mezcla por unos minutos y luego bajar del fuego.
5. Colar y dejar enfriar un poco antes de ponerla a la nevera, por mínimo 30 minutos.
6. Se puede servir con algunos cubos de hielo.

### Oats Drink (English version)

#### Ingredients

- 4 tablespoons of oats
- 1 cup water
- 1 cup milk
- 1 cinnamon stick
- 3 tablespoons sugar

## Preparation

1. In a medium saucepan put the water, oats, sugar, cinnamon and salt.
2. Cook over medium heat stirring constantly.
3. When it starts boiling add the milk.
4. Boil the mixture for a few minutes and then lower the heat.
5. Strain and let cool slightly before putting it into the refrigerator for minimum 30 minutes.
6. Serve with some ice cubes.