

Morning Cereal Recipe

1/3 cup raw grain (rye flakes, barley flakes, 7-grain cereal, oat bran, scotch oats, oatmeal, amaranth, quinoa)

These may be mixed in various combinations.

1 cup water

dash of salt

½ cup fruit (apple, banana, raisins, dates & figs)

dash of cinnamon or nutmeg

1 Tbsp butter mixed with flaxseed oil

1 tsp honey

Bring water to a boil, add grain & cinnamon or nutmeg and turn down heat to med-low; add desired fruit and simmer until cooked (about 20-30 min.)

Add butter, salt and honey after cooking.

Optional: add raw fruit to cereal after cooking. Try Papaya!