

HEIDI'S SIX-GRAIN CEREAL



This cereal is similar to muesli and can be eaten either cold or hot. The following are directions for 1 serving.

For cold cereal:

In a small bowl mix 1 cup cereal and 1 1/2 cups milk.

Let stand overnight in the refrigerator (or at least 3 hours.) Ready to eat!

For hot cereal:

In a saucepan mix 1 cup cereal and 2 cups water.

Simmer until thickened, about 10 minutes.

Serving Suggestions: We like to add about 1/4 teaspoon of vanilla and a little honey.

Ingredients: Rolled oats, wheat flakes, rye flakes, barley flakes, buckwheat groats, sunflower seeds, dried apples, dried cranberries & cinnamon.