

## TOASTED CEREAL MIX

(adapted from Feeding the Whole Family by Cynthia Lair)

### *Notes:*

*I find that you need to watch the heat level on this cereal so that it doesn't burn on the bottom. It takes a bit longer to cook than oatmeal so start it up when you get your coffee going. I always serve my kids hot cereal with toasted nuts, fresh seasonal fruit or dried fruit, milk or cream, and agave nectar or honey.*

1 cup each of the following whole grains:

wheat berries

millet

spelt

brown rice

quinoa

(Substitute any other grains you have on hand. Keeping the quinoa ensures protein in the cereal.)

Rinse the grains under water. Drain.

Toast in a 350 degree oven until dried.

Store toasted cereal in jars until needed.

Using a coffee grinder or food processor grind toasted cereal until consistently fine.

Cook in water as you would other hot cereal mix.