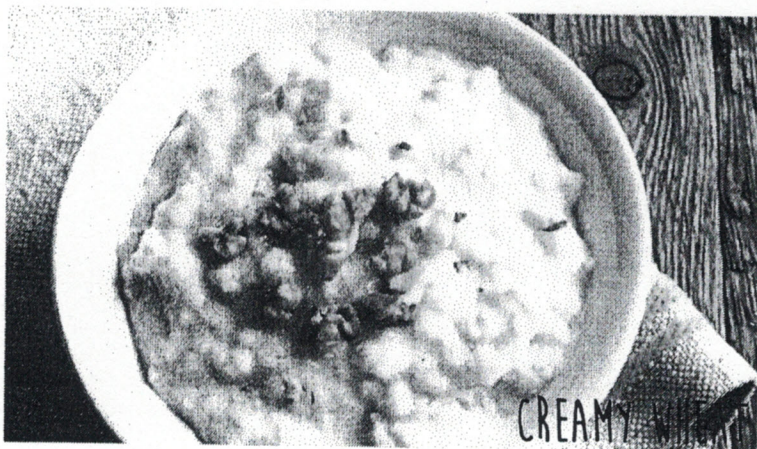


CEREALS

HEALTHY: Breakfast is the most important meal of the day! Make sure your family is getting the fiber and protein they'll need to last them until lunch time!



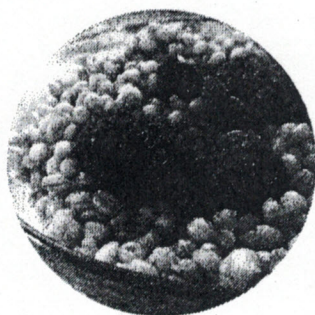
This is my new FAVORITE breakfast!
It comes out perfect every time and
ready right when we wake up!

SLOW COOKER FARINA (CREAM OF WHEAT)

1 cup farina (Cream of Wheat)
5 cups water
1/2 cup milk powder
small pad of butter

Spray your slow cooker with nonstick cooking spray. Combine farina with milk powder. Then add water and small pad of butter. Give it a good stire and set to low for around 6-8 hours. In the morning, stire and add flavorings and sugar, if desired.

WHOLE WHEAT CEREAL



1 cup wheat berries, cooked
honey
milk
fruit

Instructions:
Combine wheat berries and honey,
Add milk and fruit.

THIS IS DELICIOUS WARM
OR COLD!

COOKING WHEAT BERRIES

Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucepan. Add water and salt. Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse. To serve hot, use immediately.

CREAMY OATMEAL MIX



4 cups instant oatmeal
2 tablespoons powdered milk
2 tablespoons sugar

Instructions:
Mix the dry ingredients together in an empty #10 can and store covered in a cool, dry place. Or store 1/2 cup servings in baggies with dehydrtaed apples, raisins, Craisins or other fruit and spices your family enjoys.

A GREAT ALTERNATIVE
TO THE STORE BOUGHT
OATMEAL PACKETS!

Making Oatmeal from your Mix

1/2 cup oatmeal mix
1 cup water

Mix oatmeal mix and rasins (or other fruit) with water and microwave for 2 minutes. If you need to make more for a larger family, simply coil the water first in a poton the stove and then stire in the oats and let sit for 1 minute.

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