

Wholesome Whole Grain Breakfast Cereal

A favorite from Charlie Renideo

6 cups - water
¼ cup - raisins
1 cup - steel cut oats
1 ½ T. - vanilla
¼ - ½ t. - maple flavoring
2 ½ T. - date sugar
¼ - ½ t. - salt
¼ - ⅓ cup - raw walnuts, chopped
¼ cup - raw sunflower seeds
1 ½ cups - rolled 5-grain cereal

Soak over night: steel cut oats & raisins in the 6 cups of water.

The next morning turn on heat and as the above is coming to a boil stir in all of the remaining ingredients EXCEPT the rolled 5-grain cereal.

After it comes to a boil turn off the heat and stir in the rolled 5-grain cereal and let sit for about 30 minutes or until the 5-grain cereal is done. This method keeps the rolled grains more separate.

If you want your cereal more creamy cook over low heat after adding the rolled grains cereal until done.

This will keep in the frig. for about a week. Heat what you need for each morning's breakfast in a sauce pan with a little water.

Makes about 8 servings. We eat this cereal almost everyday and fresh fruit on the side.

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