

Toasted Multigrain and Seed Cereal

This recipe gives instructions for making your own hot multigrain cereal mix. The grains and nuts and seeds are toasted to bring out their natural robust tastes and then ground in a food processor. This mixture will keep in a sealed jar for up to one month and you can follow the instructions below to cook it. The almonds and quinoa make this cereal high in protein and calcium and the pumpkin seeds make it rich in iron and zinc.

Makes 4 cups dry

½ cup whole almonds

½ cup whole pumpkin seeds

½ cup quinoa

½ cup millet

½ cup brown rice

¼ cup hulled sunflower seeds

¼ cup flax seeds

In a large cast iron skillet, toast the almonds and pumpkin seeds until the seeds begin to brown and pop. Add remaining whole grains and seeds and continue to toast for another 15 minutes. They should all pop and snap. Continue to stir.

Remove from the heat and allow the mixture to cool completely before mixing in a food processor for 20 seconds or so. It's nice to keep some of the grainy texture, so don't mix it for too long. Store it in a sealed container for up to one month.

TO COOK:

In a saucepan bring 2 cups of water to a boil. Add one cup of the dry cereal, cover and reduce to simmer for 20 minutes. Stir occasionally. Serve hot.

Notes from those who have tried it:

- add a chopped pear while it is cooking and about 3-4 minutes before it is ready
- add ½ cup frozen blueberries
- try adding raisins and a touch of cinnamon.