



BUSTLING BREAKFAST RECIPES

by Cynthia Lair

Ancient Grain Raisin Cereal

These grains meld to make a creamy cereal with an earthy flavor. I like the recipe because there is no wheat, a grain we tend to overdo.

To make toasted cereal mix:

1 cup hulled barley
1 cup millet
1/2 cup sesame seeds
1 cup whole oats
1 cup polenta
1 cup amaranth

Place barley, millet, sesame seeds, and oats in fine strainer; rinse with water and drain. Combine with polenta and amaranth and toast cereal in one of two ways.

Oven toasting:

Preheat oven to 350 degrees F. Spread grains on cookie sheet and toast in oven until they give off a nutty aroma (12 - 15 minutes).

Skillet toasting:

Place washed grains in large skillet on burner and toast on medium heat, stirring constantly, until grains give off nutty aroma (about 5 - 8 minutes). Let toasted grains cool. Store in a sealed container.

To make cooked cereal:

1 cup toasted cereal mix
1/3 cup raisins
3 cups water
Pinch of sea salt

Grind toasted grains in a small electric grinder or food processor. Combine ground cereal, water, raisins and salt in a small pan. Stir constantly as you bring to boil. Turn heat to low, cover and simmer (10-15 minutes). Stir frequently to prevent sticking.

Preparation time: 15-20 minutes for toasting, 15 minutes to cook cereal

Makes: 5 1/2 cups dry cereal mix
(1 cup dry mix makes 4 servings cooked cereal)

FOR BABIES 6 MONTHS & OLDER: Toast a cup of millet separately and use the toasted millet to make cereal.