

## Homemade Healthy Cereal

### Ingredients

- 1 cup of oats, organic
- 1 cup of spelt flakes
- 1 cup of barley flakes
- 1 cup triticale flakes
- 1 cup wheat berries
- 1 cup dried chopped non-sulfur apricots
- 1 cup of chopped dates
- 2 cups of walnuts

### Directions

1. Add oats, spelt, barley, triticale, wheat berry, and walnuts together
2. Put it all on a parchment paper and bake at 325 until golden brown- about 5 to 7 minutes- stirring it 2 to 3 times
3. Let it cool. Then, add the apricots and dates to the grain mixture.
4. Store in a sealed glass container, will store for up to one month.

Tip: You can make this into an overnight oats recipe by adding your milk or milk alternative into it, put it into the refrigerator, and let it soak together overnight.

BONUS Tip: If you can't find all of the grains, you can use Bob's Five or Seven Grain dried cereal as a substitute.