

## Spelt Cold Cereal - Nourishing Traditions Recipe

I adapted the following recipe from the Weston Price Nourishing Traditions recipe collection. Most of us are already aware that boxed cereal is very close to the top of the list of toxic, violently processed and minimally nourishing foods. We love this homemade cereal and by soaking the dough for a day we have managed to make it even more nutritious! Try it, you'll love it!

In your [Bosch Universal Plus Mixer bowl](#) with the dough hook attached add:  
6 cups of freshly ground spelt flour (ground in the Nutrimill)  
3 cups plain yogurt (we used homemade yogurt made in the [Yogourmet Yogurt Maker](#))

Mix on speed one until a sticky dough is formed

Remove the dough and place in large glass bowl. Cover with clean cloth fixed in place with a rubber band, leave on kitchen counter for 24 hours.

After 24 hours, return the soaked dough to your [Bosch Universal Plus Mixer Bowl](#) with [Cookie Paddles](#) attached and mix in the following:

3/4 cup coconut oil  
1 cup maple syrup or honey or 3/4 cup Organic Xagave  
1 t sea salt  
2 t baking soda  
1 t vanilla or maple flavouring  
1 T ground cinnamon  
Mix on speed 1 until all the ingredients are well incorporated.

Pour into 2 9x13 pans and bake at 350F for about 30 minutes until a toothpick inserted in the centre comes out clean. Be careful not to over bake.

The baked cereal will resemble a cake, allow the pans to cool on a baking rack.

Once cool, crumble 'cakes' onto your dehydrator sheets - I have a great [Nesco GardenMaster Digital dehydrator](#) that is perfect for the job. The 'crumbles' should be the size of regular cereal flakes. Dry for 6-8 hours at 140 degrees (or until dry and crispy). Alternatively, dehydrate in your oven on cookie sheets at 200F for 12-18 hours, turning every few hours.