

Morning Grains

Combine equal parts of organic grains:

Wheat berries

Buckwheat

Oat groats

Corn

Amaranth

Flax seed (golden if possible)

Brown rice

Millet

Barley

Raw nuts as desired.

Process them into a fine powder (use a food processor).

Place a cup of the raw, processed grains into a separate bowl. Store the rest.

Add organic apple juice-enough to make a paste, to the bowl of grains powder and let this mixture sit overnight.

The enzymes in the juice will digest the berries and result in a smooth breakfast cereal the next morning. I like to warm mine up and add some Silk Soymilk "creamer". Delicious! High in fiber and protein. ENJOY!

Omit any grains to which you are allergic!