

# Sprouted Oat Groat Cereal

This is an easy way to make a filling, healthy breakfast. Perfect for cold winter mornings. Wheat, spelt, or other grains can be used as well.

In the evening:

- Fill a wide mouth thermos halfway with oat groats (the whole unprocessed grain).
- Fill the thermos the rest of the way with boiling distilled water
- Replace the lid on the thermos and shake to distribute the water

In the morning:

- Remove the berries from the thermos
- Stir in nut milk, coconut milk or oat milk
- If you'd prefer you can warm up the cereal and nut milk in a pan over low heat.
- Serve in bowls with a little raw honey, toppings of your choice (fresh fruit, nuts, raisins, etc.), and cinnamon, nutmeg and cardamom to taste.
- Enjoy!

You'll need to use approximately ½ to 1 cup of dry oat groats per person.

Recipe by Tara Eyre