

"I Wanna Be Like Honey Bunches of Oats"

Yield: 10 cups

Oat Flakes

2 cups Oat flour (put rolled or groat oats through your grain mill or high powered blender until finely ground)
1/2 cup brown sugar
1 1/2 – 2 cups water
1 tsp. salt
1/4 cup each, whole wheat flour and tapioca flour
1/2 tsp. cinnamon
1/2 tsp. vanilla

Making the Oat Flakes

Begin again by making sure your dry ingredients have been well sifted. Follow the same procedure as for the wheat flakes. Due to the fine texture of the oat flour you may have to play with the amount of water necessary. Your goal is to have an almost syrup-like consistency. Pour or spread thinly on the baking sheet and bake at 350 for about 15 minutes. Pull off sheet to cool before breaking into flakes.

Making the Oat Clusters

Preheat the oven to 300 degrees. Grease a baking sheet. Toss the oats with the water, oil wheat germ and honey. Form small clusters of the mixture on the baking sheet and bake until crisp, turning half way through, about 20 minutes.

Finishing the Cereal

After baking, combine with Oat Flakes. Mix together about 1/3 cup honey and enough water to be able to spritz through a spray bottle. Spritz the honey mixture onto the cereal and bake at 300 for 5 minutes. Pull the cereal out of the oven, turn with a large spoon, spritz again and bake for another 5 minutes. Repeat until all the honey has been used. Add to the finished cereal freeze dried or dehydrated fruit of your choice as well as chopped nuts if wanted.

Oat Clusters

3 cups oats
1/3 cup oil (*I used a light flavored olive oil)
3/4 cup wheat germ
3 TBS honey
1/3 cup water

2 cups freeze dried fruit of your choice
chopped nuts (if desired)
parchment paper