

# Homemade Cold Cereal: Wheat Flakes

*Yield: 6 cups*

2 cups whole wheat flour

1 tsp. salt

2 cups water

1/2 cup brown sugar

Parchment paper (\*optional, but so nice to have for this recipe)

Sift all ingredients well, especially the brown sugar. Mix ingredients with a spoon until they're the consistency of thinned paint. Pour onto either a greased baking sheet or a baking sheet lined with parchment paper. Tip the sheet or use a spatula to cover the surface with a film, pouring any excess back into the bowl. Bake at 350 about 15-20 minutes until crisp and golden. Pull off sheet and allow to cool before breaking into flakes. If there were areas that were too thick when cooked (they'll feel a bit leathery after being cooled and won't crisp into flakes), place back onto the baking sheet (bottom side up) and bake another 7-10 minutes. Allow to cool and break into flakes the same as before. Store cereal in an airtight container.