

# Homemade "Oatmeal Squares" Cereal

*makes 20 cups (the equivalent of 3 boxes of cereal)*

8 cups oat flour (grind either rolled oats or oat groats into flour)	2 tsp. salt
1 cup barley flour (grind barley through a mill on fine grind)	2 cups powdered wheat starch (cooked with
1 cup brown sugar	1 cup water to a thick paste)
4 TBS baking powder	1 cup honey
4 tsp. baking soda	1/4 cup molasses
2 TBS + 2 tsp. malt powder	3/4 cup water
	3/4 – 1 cup whole wheat flour (plus more to use in rolling out the dough)

Mix first seven dry ingredients together. In a saucepan cook wheat starch and water on low heat until mixture becomes a thick paste. Add to the dry mixture along with honey, molasses, water and whole wheat flour. The dough should be stiff but not dry. Cover the remaining dough in the bowl while working so it doesn't dry out.

Roll dough out onto a lightly floured surface and trim using a pizza cutter into large squares. Using a metal spatula, remove dough squares to a baking pan. Working with a second baking tray, cut the squares into 1/4 in. strips of dough and place alternate cut strips to the second baking tray to allow space between strips in baking. Cut the strips into squares and bake at 325 for 8-10 minutes (until cooked but not overly browned). Allow to cool, break into squares where needed and enjoy.

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