



**GOOD
FOOD
STORE**

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How to Prepare Bulk Hot Cereals & Milk Powders

Instructions for preparing hot cereals and milk powders
found in the Good Food Store bulk department.

HOT CEREALS

Barley Flakes

Code 2074

Add 1 cup barley flakes to 3 cups boiling water and cook for approximately 20 minutes.

Kamut Flakes

Code 2011

Boil 1 cup water and a dash of salt. Slowly stir in 1/3 cup kamut. Simmer for 20 minutes or until water is absorbed.

Nine Grain Cereal

Code 1726

Combine 1 cup cereal with 2 1/2 cups water. Cover and simmer for 20 to 25 minutes, or until liquid is absorbed. Remove from heat and let stand.

Oats, Quick

Codes 2077, 2078

Boil 1 cup water and a dash of salt. Stir in 1/2 cup oats. Cook for 3 minutes over medium heat. Stir occasionally.

Oats, Rolled

Codes 2075, 2076

Boil 1 cup water and a dash of salt. Stir in 1/2 cup oats. Cook for 5 minutes over medium heat. Stir occasionally.

Rye Flakes

Code 2080

Boil 1 cup water and a dash of salt. Slowly stir in 1/3 cup rye flakes. Simmer for 20 minutes or until water is absorbed.

Seven Grain Cereal

Code 1736

Boil 1 cup water and a dash of salt. Stir in 1/2 cup cereal. Cook for approximately 5 minutes over medium heat, stirring occasionally.

Spelt Flakes

Code 2081

Boil 1 cup water and dash of salt. Slowly stir in 1/2 cup spelt flakes. Simmer for 20 minutes or until water is absorbed.

Swiss Muesli

Codes 1734, 1741

Boil 1 cup water. Stir in 1/2 cup cereal. Cook until desired consistency is achieved, approximately 5 minutes.

Triticale Flakes

Code 2072

Boil 1 cup water and a dash of salt. Slowly stir in 1/3 cup triticale flakes. Simmer for 20 minutes or until water is absorbed.

Wheat Flakes

Code 2082

Boil 1 cup water and a dash of salt. Stir in 1/3 cup wheat flakes. Cook uncovered on a low flame for 30 minutes.



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MILK POWDERS

Better Than Milk

Code 2073

Single serving: Add 2 tablespoons powder to 8 ounces water. Stir.

One quart: Add 3/4 cup powder to 1 quart water and mix well.

Buttermilk Powder

Code 1112 (on the spice wall)

Add 4 tablespoons buttermilk powder to 1 cup cold water. Mix well and use as you would fresh buttermilk.

Makes 1 cup.

Non-Instant Non-Fat Milk

Code 2025

Mix 1 cup powder and 1 quart warm to hot water in blender. Mix well. Refrigerate before drinking for best flavor.

Instant Non-Fat Milk

Code 2010

1 Cup: Mix 1/3 cup powder and 1 cup cold water. Mix thoroughly.

1 Quart: Mix 1 1/3 cup powder and 3 3/4 cups cold water. Mix thoroughly. Keep refrigerated.