

# How to Prepare Bulk Hot Cereals & Milk Powders

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

(Updated 27-May-2020)



**GOOD  
FOOD  
STORE**

1600 S. 3rd. St. West  
Missoula, MT 59801  
406-541-FOOD (3663)

## 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

Bring 1 cup water to a boil. Slowly stir in 1/3 cup kamut. Simmer for 20 minutes or until water is absorbed.

### Oats, Quick

Codes 2077, 2078

Bring 1 cup water to a boil. Stir in 1/2 cup oats. Cook for 3 minutes over medium heat. Stir occasionally.

### Oats, Rolled

Codes 2020, 2072, 2075, 2076

Bring 1 cup water to a boil. Stir in 1/2 cup oats. Cook for 5 minutes over medium heat. Stir occasionally.

### Rye Flakes

Code 2080

Bring 1 cup water to a boil. Slowly stir in 1/3 cup rye flakes. Simmer for 20 minutes or until water is absorbed.

### Seven Grain Cereal

Code 1736

Bring 1 cup water to a boil. Stir in 1/2 cup cereal. Cook for approximately 5 minutes over medium heat, stirring occasionally.

### Seven Grain with Flax Cereal

Code 1711

Bring 1 cup water to a boil. Stir in 1/2 cup cereal. Cook for approximately 5 minutes over medium heat, stirring occasionally.

### Spelt Flakes

Code 2081

Bring 1 cup water to a boil. Slowly stir in 1/2 cup spelt flakes. Simmer for 20 minutes or until water is absorbed.

### Swiss Muesli

Codes 1734, 1741

Bring 1 cup water to a boil. Stir in 1/2 cup cereal. Cook until desired consistency is achieved, approximately 5 minutes.

### Ten 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.

### Wheat Flakes

Code 2082

Bring 1 cup water to a boil. Stir in 1/3 cup wheat flakes. Cook uncovered on a low flame for 30 minutes.



(continued on back)

## MILK POWDERS

### 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.

### 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.

### Whole Milk Powder

Code 2026

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

## OTHER BULK ITEMS

### Tapioca Pearls

Code 2037

Combine 1/2 cup tapioca, 3 cups milk and 1/4 teaspoon salt in sauce pan. Stir until lightly boiling. Simmer 5 minutes, uncovered on low. Add 1/2 cup sugar. Beat 2 eggs, slowly add to hot tapioca, stirring constantly. Return to heat, boil, reduce heat to low and stir 3 minutes or until it reaches pudding consistency.