

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 4-September-2017)



**GOOD
FOOD
STORE**

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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.

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

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.

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.

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.



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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.

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.

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.