



BULK COOKING INSTRUCTIONS

7 Grain Hot Cereal

For 1 serving:

1 cup water to 1/3 cup cereal
add dash of salt

For 2 servings:

2 cup water to 2/3 cup cereal
add 1/4 tsp salt

stir ingredients in sauce pan
bring to boil, stirring constantly
cover, simmer, stirring occasionally 10-15 minutes