

Thermos Wheat

Ingredients:

- 1 quart water
- 1/2 cup whole wheat

Boil one quart of water and pour it into a thermos. Add the rinsed whole wheat kernels. Screw on the lid and let the thermos sit over night. The next morning you will have breakfast cereal ready to eat. Drain off the water. Serve the whole wheat cereal in a bowl with honey and milk. Add raisins or fruit if desired.