

Whole Wheat Breakfast Cereal (serves 4)

Ingredients:

- 2 cups whole wheat
- 4 cups water
- 1 teaspoon salt

Mix wheat, water and salt together and boil. Turn the stove down to low and simmer the wheat for another 15 to 20 minutes or until the wheat softens and becomes tender. Serve it with honey and fruit such as berries or raisins.