



Make Your Own Cereal

If I can do it anyone can...



I do not know about you, but we go through a lot of cereal at the Simril house. Just ask my in-laws...I can mow through a box of cereal in one sitting.

A few years ago I grew tired of spending \$4.00 a box and all of the trash that it created. So I stopped for a minute and read the ingredients on the box. I had oats, sugar, etc. in the cabinets, so I threw a bunch of it in a bowl. I have not bought a box of cereal in 2 years!

My special batch is different every time, because I do not measure. The general idea is:

- Oats (old fashion oatmeal)
- Oil
- Sugar
- Salt
- Peanut Butter (yep, it is good - see <http://www.puffinscereal.com/> to know I am not the first to add peanut butter to cereal)
- Dried Fruit

The list of things you can add to your home made cereal is endless. You can make it as good or as bad for you as you like.

Mix it together put it in the oven for 15 minutes at 300 degrees and you are ready to go. I use cast iron skillets, but any kind of pan or baking sheet will do.

Sorry Kellogg's :')