

Oat Crunchies



Makes 3 cups

Ingredients

4 cups oatmeal
(page 148)



¼ cup
butter
(½ stick)



¼ cup dehydrated
sugar cane juice



1 teaspoon
vanilla



½ teaspoon
cinnamon

Tools



spoon

parchment paper



cookie sheet



When you're in a crunch for time, these oat crunchies make a quick and healthy breakfast or snack. Serve in a bowl with raw milk. Raisins or banana slices make it even yummier.

1. Make the oatmeal following the recipe on page 148. Double the recipe to make 4 cups of oatmeal.
2. While the oatmeal is still warm, add the butter and the other ingredients. Mix together with a spoon.
3. Line a cookie sheet with parchment paper. Spread the oats into a thin layer on the parchment paper. Bake in a 150 - 170 degree oven or a dehydrator for about 12 - 24 hours or until crisp.
4. Let the oats cool. Then break into pieces with your hands. Store in an airtight container.



Breakfast cereals might be made with whole grains, but the grains haven't been soaked, soured or sprouted. They are made into little flakes and shapes in big machines using heat and pressure. This destroys vitamins in the grains, turns the oils rancid and makes some of the proteins toxic. The cereal is sprayed with synthetic vitamins and minerals to make it appear nutritious on the label, but these "airbrushed" nutrients are difficult for our bodies to absorb. You may just want to say "cheerio" to your Cheerios.

