

**Oat Bran Breakfast Cereal Bulk Preparation** \_\_\_\_\_ Servings 64

**4 cups = 1.5 lbs oat groats (Clark's Natural Foods or Loma Linda Market)**

**20 cups oat bran coarse**

**1/2 pound chia seed (Clark's, Costco or Loma Linda Market.)**

Steel-cut the oats in Cuisinart fitted with scimitar blade.

Process for about 120 seconds stopping briefly 4 or 5 times during the processing.

Sift, using 1/16" mesh sieve, discarding the fine particles and keeping the coarse pieces of oats.

Mix the steel cut oats with the coarse oat bran and the chia seeds in a large 2 gallon size Ziploc bag by filling the top with air, closing the bag and turning it over slowly until the chia seed is evenly distributed throughout the mixture.

Label and keep in freezer.

**Breakfast Cereal** \_\_\_\_\_ Servings 2

**2 cups water**

**A generous 3/4 cup oat bran cereal**

**salt (to taste)**

**1 tablespoon soy protein 91 (optional to increase protein and satiety value)**

Pour water into a hard-anodized non- stick pan.

Add salt, oat cereal and soy protein.

Stir well to mix ingredients with water.

Bring to boil then lower heat and allow to simmer, stirring frequently with wooden spatula to keep cereal from sticking to the bottom of the pan. When oatmeal thickens, continue to cook for 3 minutes. Serve with a topping of ground flax seed, granola and fresh fruit - berries, apple chunks, and/or bananas.

**Flaxseed, Wheat Germ and Inulin**

**1 cup raw wheat germ**

**1/8 cup inulin powder (Swanson Vitamins)**

**1/2 cup unhulled sesame seed**

**1 1/3 cups golden flax seed (not toasted)**

Mix inulin powder with wheat germ at 'very low' on the dial of blender. Turn off blender; add sesame seeds and flaxseeds and then 'grind' on 'high' until all of the flaxseed has been sucked down the center with the ground mixture coming up the sides. Blender needs to be powerful enough to suck the flax seed down the center and push it up the sides, forming a central hole in the mixture within a few seconds. Unground flax seed from the sides should be spooned down the hole and another few seconds of grinding repeated.

The finished product should look like coarse brown sugar. Do not overgrind as this will cause the mixture to form an oily cake in the bottom of the blender. Store in sealed container in freezer. To serve, scatter 1.5 to 2 tablespoons of mixture on a serving of cooked oat cereal before adding granola and fruit.