




# Wild Hive Farm

## Community Grain Project

*Wild Hive Farm is dedicated to providing you with the freshest and most nutritious wholegrain products. We showcase locally grown and organic grain productions throughout the Hudson Valley and New York region.*

 @wildhivefarm

## Multigrain Cereal—Sweet or Savory

### Cooking Instructions

- 1 cup Multigrain Cereal
- 3 cups water
- Optionally soak together for 2+ hours (shortens cooking time)
- Bring to boil mixture, then simmer for 60 minutes (20 if soaked).
- For breakfast, serve with your favorite local Maple Syrup, Honey, or butter.
- For a savory option, garnish with your favorite sauté, like onions, garlic, or peas.
- Baker's Note: Toasting Dry Multigrain Cereal in a hot skillet for 5 minutes or until aroma is satisfactory, enhances the beautiful flavors of the grains.