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Cracked Wheat Cereal



Ingredients:

1 1/2 cups water
1/8 teaspoon salt
3/4 cup cracked wheat

Directions:

In a small saucepan, bring water and salt to a boil. Quickly stir in the cracked wheat and continue to stir to prevent lumps. Reduce heat to simmer, cover and cook about 15 minutes. Stir occasionally.

Serve with a variety of condiments such as chopped apples, raisins or other dried fruit, brown sugar, honey, cinnamon sugar, coconut, fresh berries or bananas.

Servings: 4, 4-ounce

Nutrition: One 4-ounce serving provides approximately: 76 calories, 3 g protein, 16 g carbohydrates, 3 g fiber, 0 g fat, 0 mg cholesterol, 10 mcg folate, 1 mg iron, 76 mg sodium.

Source: Wheat Foods Council



wheatfoods.org