



Simple | Healthy | Delicious

Einkorn Cereal

INGREDIENTS

1 cup water

2 ½ cups Nature's Earthly Choice Einkorn

1 pinch salt

½ can coconut milk

Fresh or frozen fruit

Honey or other sweetener



DIRECTIONS:

1. Put water, Einkorn and salt in a pot (crockpot overnight or boil on stove for 45 minutes).
2. Add coconut milk
3. Sweeten to taste with honey or other sweetener.
4. Add fresh or frozen fruit (we recommend mango).