



Simple | Healthy | Delicious

## Gluten-Free Hot Breakfast Cereal

### INGREDIENTS

1 cup brown basmati rice
1 ½ cups Nature's Earthly Choice Super Grain Blend
½ cup sesame seeds
½ cup Nature's Earthly Choice Milled Flax Seeds
½ cup cornmeal
½ cup Nature's Earthly Choice Amaranth
A pinch of salt



### DIRECTIONS:

1. Grind the basmati rice in a coffee grinder until it resembles a coarse powder. Empty the ground rice into a bowl.
2. Repeat the process with the Super Grain Blend and sesame seeds.
3. Stir in the cornmeal and amaranth.
4. Bring 4 cups of water and a pinch of salt to boil in a saucepan.
5. Stir in 1 cup of cereal mix and reduce the heat to medium low. Simmer for 20 minutes stirring frequently.