



Spelt Cereal

Coarse-grind spelt (into cracked spelt).

Measure 1/4 cup cracked [spelt](#), in a pan, cover the spelt with 1 1/2 cups water and a dash of salt.

Bring to a rapid boil for 1 minute, stirring often.

Then simmer for 5 minutes.

Season to taste with cinnamon, brown sugar and/or honey or anything else that sounds appetizing.

A variation of this recipe allows the chef to take the same ingredients the night before eating – bring them to a boil for 3-4 minutes.

Cover and let sit over night.

The next morning, warm the cereal in the microwave or on the stove until warm and season to taste.

This recipe was shared by Blaine of Idaho