

H O M E M A D E  
*Cereals*

granolas · grapenuts · cooked cereals

KEEPERS AT HOME SAMPLER SERIES  
· TWO ·

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WALNUT CREEK

# TABLE OF CONTENTS

## Granola..... 1

|  |    |
|--|----|
| Best Granola.....                            | 12 |
| Big-Batch Granola.....                       | 8  |
| Bran Granola.....                            | 7  |
| Butterscotch Granola.....                    | 6  |
| Chocolate Chip Granola.....                  | 3  |
| Chunky Granola.....                          | 7  |
| Coconut Granola.....                         | 1  |
| Deluxe Honey Nut Granola.....                | 8  |
| Eldora's Granola.....                        | 4  |
| Graham Chocolate Chip<br>Granola Cereal..... | 2  |
| Graham Cracker Granola #1.....               | 5  |
| Graham Cracker Granola #2.....               | 9  |
| Granola.....                                 | 2  |
| Granola Breakfast Cereal.....                | 10 |
| Granola Topping for Cereals.....             | 6  |
| Homemade Granola.....                        | 6  |
| Honey Almond Cereal.....                     | 2  |
| Laura's Granola.....                         | 3  |
| Maple Syrup Granola.....                     | 10 |
| Molasses Granola.....                        | 3  |
| Peanut and Raisin Granola.....               | 5  |
| Peanut Butter Graham Granola.....            | 12 |
| Peanut Butter Granola #1.....                | 5  |
| Peanut Butter Granola #2.....                | 7  |
| Peanut Butter Granola #3.....                | 7  |
| Rachel's Granola.....                        | 8  |
| Ramer's Granola Cereal.....                  | 1  |
| Sorghum Granola.....                         | 4  |
| Spicy Unbaked Granola.....                   | 11 |
| Sugarfree Granola.....                       | 11 |
| Sugarfree Apple Cinnamon Granola.....        | 9  |
| Wheat - Oat Granola.....                     | 11 |
| Whole Wheat Granola.....                     | 4  |

## Grapenuts..... 13

|                           |    |
|---------------------------|----|
| Buttermilk Grapenuts..... | 15 |
| Grapenuts.....            | 15 |
| Grapenuts #1.....         | 13 |
| Grapenuts #2.....         | 14 |
| Grapenuts #3.....         | 14 |
| Leah's Grapenuts.....     | 13 |

## Grapenuts cont.

|                                 |    |
|---------------------------------|----|
| Molasses / Honey Grapenuts..... | 14 |
| Oatmeal Grapenuts.....          | 13 |

## Assorted Cereals..... 16

|                              |    |
|------------------------------|----|
| 3-Grain Cereal.....          | 20 |
| Baked Brown Rice Cereal..... | 19 |
| Baked Oatmeal #1.....        | 16 |
| Baked Oatmeal #2.....        | 19 |
| Baked Oats.....              | 18 |
| Breakfast Cake.....          | 21 |
| Cold Cereal.....             | 17 |
| Corn Cereal.....             | 17 |
| Corn Crunch Cereal.....      | 16 |
| Fried Oat Cereal.....        | 18 |
| Hearty Maple Cereal.....     | 20 |
| Homemade Cornflakes.....     | 21 |
| Müsli.....                   | 18 |
| Pumpnickel.....              | 19 |
| Toasted Oat Cereal.....      | 17 |

## Cooked Cereals..... 22

|                          |    |
|--------------------------|----|
| Baked Cereal.....        | 24 |
| Buckwheat Cereal.....    | 23 |
| Corn Mush.....           | 24 |
| Cream of Rice.....       | 23 |
| Crock-pot Breakfast..... | 24 |
| Festive Rice.....        | 25 |
| Hominy Grits.....        | 23 |
| Oat Bran.....            | 22 |
| Rolled Oats.....         | 22 |
| Steamed Barley.....      | 25 |
| Wheat Berries.....       | 22 |
| Wheat Hearts.....        | 22 |
| Wheat Mush.....          | 25 |

## Cereal Cookies & Candies..... 26

|                           |    |
|---------------------------|----|
| Apricot Nut Bars.....     | 27 |
| Crunchy Granola Bars..... | 26 |
| Granola Balls.....        | 27 |
| Granola Bars.....         | 27 |
| Mallow Granola Bars.....  | 26 |

## EASY TIPS FOR BETTER CEREAL

- > To make granola chunky, add flour or dry milk and water along with oil and honey (liquid ingredients).
- > Extra goodies like raisins, butterscotch chips, chocolate chips, dates, etc. should be added after baking. Raisins and dates become soft and juicy if added when granola is still hot. The chips are better if added after granola cools down.
- > Watch your granola carefully while you bake it— you want it golden brown. It is easy to make it too brown.
- > Grapenut dough is baked like a cake, cooled down, crumbled finely, and then dried in a warm oven.



Heart symbol denotes a recipe  
with unprocessed, all natural ingredients.



# GRANOLA

## RAMER'S GRANOLA CEREAL

|                        |                             |
|------------------------|-----------------------------|
| Combine and set aside: | $\frac{3}{4}$ c. butter     |
| 10 c. oatmeal          | 1 c. honey                  |
| 2 c. wheat germ        | 1 tsp. salt                 |
| 2 c. powdered milk     | 2 tsp. vanilla              |
| 2 c. brown sugar       | $\frac{1}{4}$ tsp. cinnamon |
| 1 c. coconut           | 2 c. cashews/dates          |

Melt butter; add honey, salt, vanilla and cinnamon. Pour over oatmeal mixture and mix real well. Spread on cookie sheet and roast 30 minutes at 275°. Stir a couple times. Remove; add coconut and cashews/dates. Cool and store in a tight container.

## COCONUT GRANOLA

|  |                   |
|--|-------------------|
| 5-6 lbs. oatmeal                             | 3-4 c. coconut    |
| 3 c. brown sugar                             | 1½ c. melted oleo |
| sunflower seeds or chopped pecans - optional |                   |

Mix oatmeal, sugar, and coconut first; add oleo and stir until most of the lumps are gone.

Bake at 275° for 3 hrs., stirring every ½ hour. I usually mix it in a large stainless steel bowl and also bake it in there.

*My husband likes it good and crisp, so when baking time is up, I turn the oven off and leave the cereal for several hours (in gas oven with pilot).*

*For variations I've added cinnamon and at times I added peanut butter to the oleo when I melt it.*

## GRANOLA

- |                 |                  |
|-----------------|------------------|
| 6 c. quick oats | 3 sticks oleo    |
| 3 c. wheat germ | 1 Tbsp. vanilla  |
| 3 c. coconut    | ½ c. honey       |
| 1 c. nuts       | raisins to taste |

Melt oleo and honey, then mix all together. Bake at 250° for 1 hour. Stir every 15 minutes.

## GRAHAM CHOCOLATE CHIP GRANOLA CEREAL

- |                     |                         |
|---------------------|-------------------------|
| 6 c. quick oatmeal  | 4 c. whole wheat flour  |
| 2 c. brown sugar    | 1 c. coconut (optional) |
| 2 tsp. salt         | 1½ tsp. baking soda     |
| 1½ c. melted butter | 1 c. chocolate chips    |

Mix all dry ingredients except chips. Add melted butter. Mix well with hands. Place in two cake pans and bake for 30 minutes at 400°. Stir often to keep from getting lumpy. Add chocolate chips after cereal is cooled. Very delicious and nutritious!

*This is our favorite cereal recipe! Our son prefers this cereal over any cereal you can buy, so I always keep it on hand. (No expensive cereal buying!)*

## HONEY ALMOND CEREAL ♥

- |                    |                               |
|--------------------|-------------------------------|
| 5 c. quick oatmeal | ¼ c. unsweetened fine coconut |
| 1 c. wheat germ    | ½ c. sliced almonds           |
| 1 c. wheat bran    | ½ c. honey                    |
| 1 c. oat bran      | 6 Tbsp. melted butter         |
| pinch of salt      |                               |



Mix all ingredients together. Put on cookie sheets and toast in a warm oven until dry. We like to eat this with store-bought cereal.