

Bran Flakes Cereal Recipe

Yields: 1 lb

- 2 Cups Bran Flakes
- 2 Cup Whole wheat flour
- 1 Teaspoon Salt
- 1/4 Cup Oil
- 1 Tablespoon Molasses
- 1 Cup milk
- 1-2 Tablespoons Honey (Optional)

Instructions:

1. Mix bran flakes, flour, and salt in a bowl.
2. Mix wet ingredients together.
3. Make a well in the center of dry ingredients and add wet ingredients. Mix it until well combined.
4. Divide dough into four pieces.
5. Roll out one of the pieces of dough onto a greased cookie sheets. The dough must be extremely thin! Paper thickness is desirable. If dough is uneven parts of it will burn before other parts are cooked!
6. Brush on a very thin layer of honey if desired. Heating up the honey in the microwave for 40 seconds first is recommended so that it is easier to brush on the dough. Make sure that the dough is not flooded with honey or else it will not dry out to make crispy flakes!
7. Bake at 350F for 15-20 minutes. It should be light brown and crisp when finished.
8. If the dough is not completely dry when you take it out put it back in for a little longer but turn off the oven and flip it.
9. Break it into small pieces and store in an airtight container. Makes 1 lb of cereal.
10. Can be eaten plain or add your choice of dried fruits, coconut, chocolate chips, nuts, etc.