



Crock-Pot Breakfast

Ingredients

- 1 c. whole grains
- 3 c. water
- Pinch of salt (opt.)
- Fresh or dried fruit

Instructions

- 1 Place grains in a crockpot, add water and salt and turn to low to cook overnight.
- 2 Add fresh or dried fruit just before serving.

Makes about 3 cups cereal.

A Weimar Recipe: <https://newstart.com/>