



Oats and Rye

Ingredients per table (about 5 servings):

- 1 cup oat flakes
- 1 cup rye flakes
- 2 cups water
- 1 tsp cinnamon
- 1 pinch salt

Heat water in heavy-bottomed pot, and add oats, rye flakes, salt and cinnamon. Stir. Bring to a boil, cover and let sit several minutes. Check for consistency. If cereal is too thick, add boiling water and stir to get desired consistency. Serve sprinkled with a little more cinnamon. Serve Oats and Rye with maple cream (pour 1 inch maple syrup in small glass pitchers, top with heavy cream and stir), yogurt, raisins, chopped walnuts, and milk.

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