



**Nora Mill Granary**  
7107 South Main Street  
Helen, GA 30545

706-878-2375  
noramill.com

## 10 Grain Cereal Recipes Nora Mill 10 Grain Cereal Recipes

Breakfast Cereal • Muffins • Spice Cake • Slow Cooker Cereal



### 10 Grain Cereal

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### 10 Grain Breakfast Cereal

1 Cup Nora Mill 10 Grain Cereal  
3 Cups water  
salt to taste (optional)

Bring water to a boil. Add Nora Mill 10 Grain Cereal. Cover and simmer over low heat for 20 minutes or until it is the consistency of thick porridge, stirring often. Serve with sugar, cream, syrup, fresh or dried fruit, etc.

### 10 Grain Cereal Muffins

1 Cup Nora Mill 10 Grain Cereal	1 Cup raisins
1 Cup buttermilk	1 Cup flour (whole wheat is best)
1 egg (well beaten)	1/2 tsp. baking soda
1 tsp. salt	2 tsp. ground ginger
1/2 Cup vegetable oil	1/2 tsp. cinnamon
1/2 Cup brown sugar	1 tsp. baking powder

Preheat oven to 400° F. Put Nora Mill 10 Grain Cereal into a bowl. Pour the buttermilk over it. Add salt, oil, brown sugar and raisins. Mix well and let it rest for 30-60 minutes. Add the well-beaten egg to the oil and grain mixture. Sift the flour, baking powder, soda, ginger and cinnamon into the cereal mixture. Stir just enough to dampen all of the flour, adding a bit more buttermilk if needed. Spoon into greased muffin tins... it will make a dozen fat ones. Bake for 20 minutes and eat them hot. The cereal has hard, crunchy bits in it, but the texture of the muffins is as light as a feather.







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## Nora Mill 10 Grain Cereal Recipes (continued)

### Mountain Spice Cake

1 Cup Nora Mill 10 Grain Cereal	2 eggs
1 1/4 Cup boiling water	1 1/3 Cup sifted all purpose flour
1/2 Cup shortening	1 tsp. cinnamon
1 Cup white sugar	1 tsp. nutmeg
1 Cup brown sugar	1/2 tsp. salt
1 tsp. vanilla	1 tsp. baking soda

Preheat oven to 350° F. Gradually stir Nora Mill 10 Grain Cereal into boiling water; turn off heat and let it stand for 20 minutes. Cream shortening in mixer. Gradually add both sugars. Add vanilla and eggs. Sift together dry ingredients and add alternately with the cereal mixture, beating well after each addition. Bake in greased 9 x 13 x 2 inch pan for 35 minutes or until done. *This cake is moist and keeps well. A recipe for broiled topping, which can be used on any of your favorite cakes, is listed below.*

### Broiled Cake Topping

1/3 Cup butter or margarine	1/2 Cup wheat flakes
2/3 Cup brown sugar	1/4 Cup evaporated milk or cream
1 Cup flaked coconut	1 tsp. vanilla
1/2 Cup chopped nuts	

Combine ingredients thoroughly. Spread on hot cake and place under the broiler until slightly brown.

### 10 Grain Slow Cooker Cereal

1 Cup Nora Mill 10 Grain Cereal	1 tsp. cinnamon
1/2 Cup mixed fruit	1 tsp. vanilla
4 1/2 Cups water	1/4 Cup brown sugar
2 T. butter	1 tsp. salt

Spray the inside of the slow cooker with nonstick cooking spray. Combine all ingredients in slow cooker and mix well. Cover slow cooker and cook for 6 to 8 hours on LOW. Stir the cereal before serving.

Serves 4

**INGREDIENTS:** Cracked wheat, barley, stone ground white and yellow speckled grits, millet, rolled oats, rye, triticale, brown rice, soy grits & whole flax seeds.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

