

Homemade cereal



Ingredients

- 2/3 cup (60g) oatflour
- 3 TBSP (60 g) maple syrup
- 3 1/2 TBSP (56 g) nut/seed butter
- 2 1/2 TBSP cocoa

powder * or any natural food powder such as dehydrated strawberries

Directions

1) Combine the nut/seed butter & maple syrup in a bowl & stir with a spoon.

2) add oat flour & cocoa powder and mix until combined.

3) Use your hands to shape the mixture into a dough. If it's too dry, add more maple syrup or nut/seed butter. If it's too wet, add more oat flour, one teaspoon at a time

4) Next, preheat the oven to 320 °F (160 °C) & line a large baking sheet with parchment paper or a silicone mat.

5) Divide the dough into four pieces & roll them into ropes about 1 inch (2.5 cm) thick.

6) Use a knife to cut the ropes into smaller pieces, about 1/2-3/4-inch thick, then roll each of those pieces into balls with your hands. This cocoa cereal recipe should make between 120-140 balls.

7) Transfer the prepared cereal balls to the baking sheet, with space in between, and bake them for about 10 minutes. Then leave them to cool completely.

The homemade cocoa puffs cereal will still be soft immediately out of the oven but firm up as they cool.

8) Enjoy the chocolate cereal balls for breakfast with your favorite milk. Store in an air dry container.