



Tiger Power Cereal

This cereal is quick and easy, and there's something magical about your child taking pride in eating a cereal they helped you make. This is a great snack for school or in the afternoon topped with a dollop of yogurt.

Prep Time: 10 mins

Cook Time: 25-30 mins

Serves 10-15

- 1 cup oats
- 1 cup kamut puffs (these cereals can all be found in your health food section)
- 1 cup corn puffs
- 1 cup millet puffs
- 1 cup slivered almonds
- 1/2 cup hemp seeds
- 1 cup raisins

Coating:

- 3/4 cup peanut butter (natural or regular)
- 1 tsp vanilla extract
- 3/4 cup honey or agave nectar or other sweetener
- 1/3 cup cocoa (optional)

C: grains **P:** hemp seeds **F:** sunflower seeds, peanut butter

- Preheat oven to 325 degrees F.
- In a big bowl, mix first five ingredients together and set aside.
- In a saucepan, combine coating ingredients until melted.
- Toss over cereal mixture.
- Place on large baking sheet and bake for 15-20 minutes.
- Let cool, add raisins, and place in an airtight container.
- Store on the grain shelf in your pantry.

