

Yummy Ginger Crunch Cereal (Kids love it and so do adults!)

- In a large mixing bowl mix together:

- 3 cups organic quick cooking rolled oats
- 1 cup organic rice flour
- ¼ teaspoon Himalayan sea salt
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 1 cup roughly chopped raw organic cashews

- Melt together:

- 1/3 cup honey or maple syrup
- 1/3 cup de-odorized coconut oil

- Mix wet into dry ingredients, gently but thoroughly, until all dry ingredients are coated - trying to retain clumps as much as possible. Bake for 20 minutes, stirring occasionally, and then switch off oven, leaving cereal to dry and cool in oven.
- Kick back and savour the flavour!