

# *Herbal Legacy Recipes*

## **Ann Wigmore's Sprouted Wheat Cereal**

### Ingredients:

2 cups sprouted wheat  
4 cups spring or filtered water  
1/2 cup raisins  
1 large apple, peeled, cored or  
1 banana peeled and sliced

### Directions:

Soak raisins in one cup of the spring or filtered water for one hour or until soft. Reserve the water used in soaking the raisins. In a blender, blend wheat with fruit, water and raisin soak-water at medium speed for about two minutes. Use warm filtered water if a warm cereal is desired. The sprouted wheat cereal should have a soupy consistency. Sprouted (hulled) buckwheat, sunflower seeds, or sesame seeds may be substituted for the wheat. (All seeds should be soaked at least 6 hours or overnight.)