

## Creamy Wheat Cereal

### BAKED CREAMY WHEAT

1/2 cup Augason Farms Scrambled Egg

Mix plus 3/4 cup water

1 quart prepared Morning Moo's®

Lowfat Milk Alternative

1/2 cup butter

1 cup sugar

3/4 cup Augason Farms Creamy Wheat  
Cereal

1 teaspoon vanilla

1 teaspoon ground cinnamon

Preheat oven 350°F. Whisk Scrambled Egg Mix and water in bowl and set aside. Place milk, butter and sugar in large saucepan. Bring to boil over high heat. Using whisk, gradually add Creamy Wheat Cereal. Once mixture begins to bubble, remove from heat. Cool 15 minutes. Add eggs to mixture, stir well. Add vanilla and cinnamon, stir until combined. Pour into greased 13"x9" baking dish and bake for 35 minutes.

### HEALTHY HEART COOKIES

1 cup butter

1 cup sugar

2 eggs or 2 tablespoons Augason Farms  
Scrambled Egg Mix plus 1/4 cup water

1/2 cup applesauce

2 1/4 cups whole wheat flour

1 teaspoon salt

3/4 cup Augason Farms Creamy Wheat  
Cereal

1 tablespoon vanilla

3/4 cup raisins

1 teaspoon cinnamon

1 teaspoon grated orange peel, optional

Preheat oven to 350°F. Cream butter and sugar, add eggs and applesauce, and beat well. Add remaining ingredients and mix well. Drop by teaspoons on greased cookie sheet. Bake at 350°F for 12 minutes.