

WHEAT cereal recipe



Tools

Saucepan, storage trays, zip-lock bags

Ingredients

Three (3) tablespoons of wheat flour, 200 ml of water and 1 small banana

Method

Add water to flour and mix into a smooth blend

Cook until it becomes thick (use medium heat)

Take it off the heat and let it cool

Blend in mashed banana

Storage

Do not store. Serve fresh.