

Flaking Your Own Grains for Health's Sake

Why fresh rolled flakes?

"Do it yourself" is the motto for producing flakes. Why? Self rolled flakes differ considerably from the commercially processed flakes. The latter are treated with steam and then heat rolled. This guarantees the shelf life of commercially produced flakes and simultaneously cancels them from the list of fresh natural foods.

Our flakers provide you with the opportunity of rolling your own flakes and thus ensuring the maximum nutrients and vital elements of the cereal, without the loss of quality. You are now, no doubt, in a position to draw parallel to freshly ground flour. With your own flaker, you can actually enjoy the same advantage that you obtain with the grinding of your own fresh flour.

Fresh flakes rolled daily - how delicious!

"Appetizing fresh cereal flakes" an appropriate description of meals with freshly rolled flakes. The consumption of freshly rolled flakes combines the quality of natural flavour with the health advantage of fresh flakes, which have not been heat treated. Your body receives the necessary nutrients, vitamins, minerals, vital nutritional elements and roughage.

Which types of grains are suitable for flaking?

Oats are the most popular type of cereal as this is a relatively soft grain which can be easily flaked. Other types of grains, the size as wheat or smaller, can also be used, e.g. wheat, barley, rye, millet and buckwheat.

How to treat the flakes.

From a nutritional point of view, it is important that our body be able to use the nutrients in food. For this reason, it is recommended that the flakes be soaked in water before and/or after they have been flaked.

However - Oat flakes do not require soaking as the valuable substances can be easily processed by the body without soaking.

For the remaining types of cereal flakes, there are two possibilities to prepare them:

- 1. Roll the grains and soak so that the flakes are just slightly covered with water. The soaking time should be at least one hour but can be longer depending on the required taste.**
- 2. Rinse the whole grains in a sieve or cloth under water and leave them to drain for approximately 5 hours before flaking. The retained moisture allows all the vital elements to be easily processed by the body. After rolling, the flakes can be soaked again.**

The more water the flake absorbs, the softer it gets and allows your body to process the vital substances more easily.

Homemade Granola

Mix in large bowl:

12 cups freshly rolled organic oats

- 2 cups whole, mixed organic nuts (*hints: almonds, pecans, walnuts, hazelnuts, sunflower seeds, pumpkin seeds, peanuts...*)
- 2 cups freshly rolled mixed organic flakes (*hints: flax, kamut, rye buckwheat, quinoa, amaranth, barley...*)
- 1 tsp grated organic nutmeg
- 2 tbsp organic cinnamon

Mix together: (*a whisk works well*)

- 1 cup organic canola oil
- 2 cups organic wildflower honey

Pour oil & honey mixture over flakes and nuts and mix well. Spoon granola onto large baking sheet and spread to $\frac{3}{4}$ inch thickness (*you may need more than one baking sheet*). Bake @ 300 – 325 degrees for 15 minutes. Stir granola and return to oven for 10-15 minutes or until lightly browned. Let cool on baking sheets. Once cool, transfer to a large bowl.

Add: 2-4 cups of dried organic fruit (*hints: cranberries, raisins, chopped apricot, chopped apple, prunes and/or dates*).

Stir and Enjoy!