

Bulk Hot Cereals & Milk Powders Preparation

HOT CEREALS

Barley Flakes

Code 2074

Add 1 cup barley flakes to 3 cups boiling water and cook for approximately 20 minutes.

Five Grain Flakes

Code 1711

Bring $\frac{3}{4}$ cup water to a boil. Add $\frac{1}{4}$ cereal, reduce heat to medium-low and cook, stirring occasionally, for 10–20 minutes. Remove from heat and let stand 2 minutes.

Kamut Flakes

Code 2011

Bring 1 cup water to a boil. Slowly stir in $\frac{1}{3}$ cup kamut. Simmer for 20 minutes or until water is absorbed.

Oats, Quick

Codes 2077, 2078

Bring 1 cup water to a boil. Stir in $\frac{1}{2}$ cup oats. Cook for 3 minutes over medium heat. Stir occasionally.

Oats, Rolled

Codes 2020, 2072, 2075, 2076

Bring 1 cup water to a boil. Stir in $\frac{1}{2}$ cup oats. Cook for 5 minutes over medium heat. Stir occasionally.

Rye Flakes

Code 2080

Bring 1 cup water to a boil. Slowly stir in $\frac{1}{3}$ cup rye flakes. Simmer for 20 minutes or until water is absorbed.

Seven Grain Cereal

Code 1736

Bring $\frac{3}{4}$ cup water to a boil. Stir in $\frac{1}{4}$ cup cereal. Reduce heat to medium-low and cook for 10 minutes, stirring occasionally. Remove from heat and let sit for 2 minutes.

Spelt Flakes

Code 2081

Bring 1 cup water to a boil. Slowly stir in $\frac{1}{2}$ cup spelt flakes. Simmer for 20 minutes or until water is absorbed.

Swiss Muesli

Codes 1734, 1741

Bring 1 cup water to a boil. Stir in $\frac{1}{2}$ cup cereal. Cook until desired consistency is achieved, approximately 5 minutes.

Ten Grain Cereal

Code 1726

Combine 1 cup cereal with $2\frac{1}{2}$ cups water. Cover and simmer for 20–25 minutes, or until liquid is absorbed. Remove from heat and let stand.

Wheat Flakes

Code 2082

Bring 1 cup water to a boil. Stir in $\frac{1}{3}$ cup wheat flakes. Cook uncovered on low for 30 minutes.

goodfoodstore.com

1600 S. 3rd West Missoula, MT
406.541.3663



**GOOD
FOOD**
STORE

(Updated 28-February-2025)

MILK POWDERS

Buttermilk Powder

Code 1112 (on the spice wall)

Mix by weight, one part powder to nine parts water. To make 1 quart: Pour 3.2 oz. powder (by weight) powder into half the desired volume water. Stir continuously while adding remaining water.

Coconut Milk Powder

Code 1959

Dissolve powder in hot water. Mix $\frac{3}{4}$ –1 cup powder with 1 cup hot water. For light milk use only $\frac{1}{2}$ cup powder per cup of water. For cream, mix $1\frac{1}{2}$ cups powder per cup of water.

Instant Non-Fat Milk

Code 2010

1 Cup: Mix $\frac{1}{3}$ cup powder and 1 cup cold water. Mix thoroughly.

1 Quart: Mix $1\frac{1}{3}$ cup powder and $3\frac{3}{4}$ cups cold water. Mix thoroughly. Keep refrigerated.

Whole Milk Powder

Code 2026

Mix 1 cup powder and 1 quart warm to hot water in blender. Mix well. Refrigerate before drinking for best flavor.

OTHER BULK ITEMS

Tapioca Pearls

Code 2037

Combine $\frac{1}{2}$ cup tapioca, 3 cups milk and $\frac{1}{4}$ teaspoon salt in sauce pan. Stir until lightly boiling. Simmer 5 minutes, uncovered on low. Add $\frac{1}{2}$ cup sugar. Beat 2 eggs, slowly add to hot tapioca, stirring constantly. Return to heat, boil, reduce heat to low and stir 3 minutes or until it reaches pudding consistency.