

EndLocalHanger™

GrandHotCereal™

Cereal, Cookies, Granola, Muffins, Pancakes Recipes



“Not only are the meals healthy, they are very tasty. If you can boil water, you can fix a meal out of the BagOfLife. This is a program worthy of support, and I heartily endorse it.” Andrew Klonecke, MD, Chief of Nuclear Medicine, The Permanente Medical Group, Inc.



Enjoy

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GrandHotCereal™

GrandHotCereal™, a part of the BagOfLife® meals program, is designed to provide high-quality protein, healthy fats, complex carbohydrates, natural dietary fiber, and essential nutrients for a robust immune system. The recipe for the cereal was developed under the nutrition guidance of Sutter Health Hospital, Kaiser Permanente, and our board member Dr. Vinod Chopra, MD.

GrandHotCereal™ is distributed free of cost to the underserved communities through food banks, community service organizations, and college and university food pantries. We invite you to contact us at gkapur@familygs.org to learn how you can help in making GrandHotCereal™ available to those facing hunger in our communities.

Here is the link to a Fox40 TV segment regarding the production and distribution of BagOfLife®.

Fox 40

<https://www.youtube.com/watch?v=7YOrXZ0t1vo>

“He’s (Gopal) been very, very interested in solving the problem of how to get excellent nutrition to those who can least afford it,” *Dr. Andrew Klonecke, MD, Chief of Nuclear Medicine, Kaiser Permanente, Roseville Press Tribune.*

Frequently Asked Questions

What are the ingredients of GrandHotCereal™?

- Quinoa, Thick Rolled Oats, Quick Rolled Oats, Oat Bran, Sunflower Seeds, Flax Seed Meal, Almond Meal, Brown Sugar, Ground Cinnamon, Sea Salt, Allspice.
- It is corn, rice, soy, and wheat-free.
- **Please note that GrandHotCereal™ is packed in a facility with corn, rice, soy, wheat, and tree nuts; there can be a crossover of corn, rice, soy, wheat, and tree nuts into GrandHotCereal™.**

Where is the cereal packed?

- Katadyn North Amer Foods Inc., Rocklin, CA.

Is the GrandHotCereal vegetarian?

- Yes.

Is GrandHotCereal vegan?

- Yes.

Is the GrandHotCereal gluten free?

- The ingredients used are gluten-free; however, we cannot guarantee the cereal to be gluten-free due to possible crossover in processing and packaging.

GrandHotCereal does not contain meat, seafood, or dairy; what is the source of protein?

- Grains, seeds, nuts.

Can I add salt to the GrandHotCereal?

- We don't recommend it.

Can I add sugar or artificial sweeteners to the GrandHotCereal?

- We don't recommend it. Better to add minced dry fruit – dates, apricots, figs – or a *small quantity* of unprocessed honey, pure maple syrup, raisins, or *real* brown sugar. At home, we often add diced fresh apples, bananas, berries, and peaches.

Can I substitute agave nectar or other sweeteners for specified sweeteners?

- We don't recommend it. We leave the choice up to you and your health care provider.

Is brown sugar better than white sugar?

- Much of the brown sugar sold in the markets is produced when manufacturers add small quantiles of molasses to white sugar; it has the name 'brown,' implying goodness but not the nutrition one expects in the real brown sugar. White sugar is produced using an assortment of chemicals, and as a result, a variety of natural minerals and vitamins of the original raw sugar are removed. When buying brown sugar, we advise two steps:
 - Make sure it is produced from cane (not beets or other sources).
 - Make sure there are no added molasses in the list of ingredients.
 - Make sure to use a very low quantity.

Can I cook a portion of a package?

- Yes, make sure to stir (shake) the bag's contents to distribute ingredients evenly. Refer to 'Cooking One Serving of GrandHotCereal™' below.

Can I cook GrandHotCereal in a microwave?

- Yes, make sure you have the proper size microwave safe pans (we don't recommend any type of 'plastic' cooking containers). Refer to "Cooking One Serving of GrandHotCereal™" below.

Can I store the cooked cereal in the refrigerator?

- Yes, let it cool and then store, tightly covered, for up to three days.

Can I store the cooked cereal in the freezer?

- Yes, let it cool and then store, tightly covered, for up to three months.

How about eggs?

- We specify two egg whites or one whole egg in our recipes for cookies, granola, muffins, and pancakes. The reason being that many people prefer not to consume the egg yolk due to a variety of reasons. We leave the choice up to you and your health care provider.

How about milk?

- We recommend 2% milk. Regarding other plant, nut, and seed-based 'milks,' we leave the choice up to you and your health care provider.

How about cooking oil?

- We recommend expeller canola oil, avocado oil, grapeseed oil, and extra virgin olive oil (preferably California produced).

How about turmeric?

- Turmeric's active compound curcumin is antioxidant and anti-inflammatory. We specify one teaspoon (optional) of ground turmeric to each recipe. We leave the choice up to you and your health care provider.

How long can I store the GrandHotCereal packages?

- Each package has its expiration date.

Taste Testers Needed

We are seeking people who would cook and taste test the various recipes. We will provide free-of-cost GrandHotCereal bags and appreciate receiving any suggestions and feedback. If interested, please contact gkapur@familygs.org.

Thank you.

Testimonials

“The families that we serve, particularly the kids, loved the BagOfLife! Our staff was amazed at how well-received something so healthy was. It’s something the parents can cook quickly in the morning while getting their kids ready for the day and know they’re giving them the energy they need for the day.” *Ashley Simon, Roseville Home Start.*

“One mother in particular found your cereal to be exceptionally helpful to her family while her son has been in and out of treatment in the hospital. Thank you so much for your generous contributions to children battling cancer and their families!” *Sarah Perry, Keaton’s Child Cancer Alliance.*

“Our new partnership with Family Green Survival is crucial to our low-income and impoverished families. The BagOfLife meals have been of much help to our families. When a family finds themselves in crisis, we can provide them with quality, nutrient-filled meals to help them survive until their next paycheck/assistance. Thank you.” *Viviana Nevarez, RPAL.*

“Hello. I am a 67-year young homeless veteran living in a forest near Auburn. Your BagOfLife meals have been such a central part of my survival. I prepared the bean dish yesterday, and what a lovely thing it was! Sliced some cauliflower and carrots into it for two full meals. Your mixture of ingredients are ‘tre delicieux’”. *Veteran D.*

“I received a bag of your GrandHotCereal in a food basket. I loved it. How can I buy some more for my family?”

“Curt was thrilled to be sent to his new home with a large supply of GrandHotCereal by FamilyGreenSurvival... This is what collaboration and community support looks like: an increase in positive outcomes for the most vulnerable of us.” *Nick Golling, The Gathering Inn.*

“Just a note to say “thanks” from all of us, staff, and families here for a wonderful program that you “kicked off” with the folks. I know they all enjoyed the food and seemed very interested in how healthy the food is, which is GREAT! Thanks again for taking your time to teach and serve.”

“One mother in particular found your cereal to be exceptionally helpful to her family while her son has been in and out of treatment in the hospital. Thank you so much for your generous contributions to children battling cancer and their families!” *Sarah Perry, Keaton’s Child Cancer Alliance.*

We are thankful for the positive reactions and helpful suggestions and welcome your comments; write to us at gkapur@familygs.org

Cooking One Serving of GrandHotCereal™

The cereal comes in a resealable bag. Using scissors, cut the bag towards the top above the resealable seal. You can scoop out a single serving which is about 1/3 cup of the cereal. Seal the opened bag by pressing along the resealable seal and stored in your cabinet for future use. Given below are the instructions for cooking one serving on the stovetop and the microwave.

Stove Top Cooking

1¼ cup water
1/3 cup GrandHotCereal

In a small pot with a lid, bring the water to a boil. Add cereal, stir well, cover the pot, and reduce the heat to simmer.

Cook the cereal for 10 to 15 minutes, stirring well occasionally to avoid scorching. If the cereal becomes too thick while cooking, add a couple of tablespoons of water and stir.

Microwave Cooking

1¼ cup water
1/3 cup GrandHotCereal

In a medium-size microwave-safe bowl, combine water and cereal, stir well. Cover the bowl with a plate. **Note:** The bowl should be deep enough to avoid cereal boil over.

Cook in the microwave for 6 minutes on high.

Safely, remove the bowl and plate from the microwave, stir the cereal mixture well, place the bowl covered with plate back into the microwave and cook for 4 minutes at 50% power. If the cereal becomes too thick while cooking, add a couple of tablespoons of water and stir.



GrandHotCereal™

GrandHotCereal™ Recipes

We would be happy to hear from you about your experience with the recipes; your questions and suggestions are most welcome.

gkapur@familygs.org

Cookies



Grand Cookies, Makes About 12 Cookies

1 cup GrandHotCereal (uncooked)
½ cup whole wheat flour
¼ cup rolled oats
2 tablespoons flaxseed, ground
3 tablespoons brown sugar
1 teaspoon ground turmeric (optional)
½ teaspoon baking powder
½ teaspoon baking soda
2 tablespoons oil
2 egg whites or 1 egg, lightly beaten

1. Turn the oven to 375F.
2. In a medium-size bowl, combine all ingredients and stir well to mix thoroughly; if the dough is too thick, add one tablespoon of water and stir well. Let the mix rest for 7 to 10 minutes.
3. Line a baking sheet with aluminum foil or parchment paper, coat lightly with cooking spray. Drop one heaping tablespoon of the mix onto the prepared pan, space the cookies about 2-inches apart.
4. Bake for 12 to 15 minutes. Using a metal spatula, remove cookies and cool on a wire rack.

Grand Chocolate Chip Cookies, Makes About 12 Cookies

1 cup GrandHotCereal (uncooked)
½ cup whole wheat flour
¼ cup rolled oats
¼ cup chocolate chips, dark
2 tablespoons flaxseed, ground
3 tablespoons brown sugar
1 teaspoon ground turmeric (optional)
½ teaspoon baking powder
½ teaspoon baking soda
2 tablespoons oil
2 egg whites or 1 egg, lightly beaten

1. Turn the oven to 375F.
2. In a medium-size bowl, combine all ingredients and stir well to mix thoroughly; if the dough is too thick, add one tablespoon of water and stir well. Let the mix rest for 7 to 10 minutes.
3. Line a baking sheet with aluminum foil or parchment paper, coat lightly with cooking spray. Drop one heaping tablespoon of the mix onto the prepared pan, space the cookies about 2-inches apart.
4. Bake for 12 to 15 minutes. Using a metal spatula, remove cookies and cool on a wire rack.

Grand Nutty Cookies, Makes About 12 Cookies

1 cup GrandHotCereal (uncooked)
½ cup whole wheat flour
¼ cup rolled oats
¼ cup chopped almonds, pecans, pistachio, or walnuts; or pumpkin seed or sunflower seed
2 tablespoons flaxseed, ground
3 tablespoons brown sugar
1 teaspoon ground turmeric (optional)
½ teaspoon baking powder
½ teaspoon baking soda
2 tablespoons oil
2 egg whites or 1 egg, lightly beaten

Turn the oven to 375F.

In a medium-size bowl, combine all ingredients and stir well to mix thoroughly; if the dough is too thick, add one tablespoon of water and stir well. Let the mix rest for 7 to 10 minutes.

Line a baking sheet with aluminum foil or parchment paper, coat lightly with cooking spray. Drop one heaping tablespoon of the mix onto the prepared pan, space the cookies about 2-inches apart.

Bake for 12 to 15 minutes. Using a metal spatula, remove cookies and cool on a wire rack.

Grand Nutty Chocolate Chip Cookies, Makes About 12 Cookies

1 cup GrandHotCereal (uncooked)
½ cup whole wheat flour
¼ cup rolled oats
¼ cup chopped almonds, pecans, pistachio, or walnuts; or pumpkin seed or sunflower seed
¼ cup chocolate chips, dark
2 tablespoons flaxseed, ground
3 tablespoons brown sugar
1 teaspoon ground turmeric (optional)
½ teaspoon baking powder
½ teaspoon baking soda
2 tablespoons oil
2 egg whites or 1 egg, lightly beaten

Turn the oven to 375F.

In a medium-size bowl, combine all ingredients and stir well to mix thoroughly; if the dough is too thick, add one tablespoon of water and stir well. Let the mix rest for 7 to 10 minutes.

Line a baking sheet with aluminum foil or parchment paper, coat lightly with cooking spray. Drop one heaping tablespoon of the mix onto the prepared pan, space the cookies about 2-inches apart.

Bake for 12 to 15 minutes. Using a metal spatula, remove cookies and cool on a wire rack.

Granola

Grand Granola, Makes 4 Cups, 16 Snack Servings

1 pouch GrandHotCereal
½ cup raw shelled pumpkin seeds
½ cup raw shelled sunflower seeds
½ cup oat bran
¼ cup sesame seeds

¼ cup flax seed, freshly ground
1 teaspoon ground cinnamon
1 teaspoon ground turmeric (optional)
¼ cup oil
¼ cup honey or pure maple syrup
2 egg whites or 1 egg
1/3 cup minced dried cranberries
1/3 cup minced dried apricots
1/3 cup small dark chocolate chips
Cooking spray

Preheat the oven to 325F. Coat a 9-by-13-inch baking tray with cooking spray, set aside.

In a large bowl, combine GrandHotCereal, pumpkin seeds, sunflower seeds, oat bran, sesame seeds, flaxseed, cinnamon, and turmeric (if using). Mix ingredients well with a large spoon. Drizzle oil and honey evenly over the mixture; toss and mix well to coat the mixture evenly.

In a separate bowl, whisk the egg until foamy, then fold into the granola mixture.

Pour mixture into the prepared pan, spread evenly. Bake for 15 minutes, stir, and turn the mixture and bake for additional 10 minutes.

Remove the pan from the oven, add cranberries, apricots, and chocolate chips; mix well. Gather the mixture into a heap towards one end of the pan (this will help heat the dried fruits and chocolate chips) and let cool for 30 minutes.

Break the granola into small lumps, transfer it to a tight-fitting container.

Let's experiment with our Grand Granola:

- Eat it as a cereal.
- Mix it with plain yogurt and add your favorite fruit.
- Sprinkle it over salad, potato salad, fruit salad.
- Sprinkle it over baked or mashed potatoes.
- Sprinkle it over your favorite dessert – ice cream, cake, and pie.
- Caution, resist sprinkling it over a pizza! Then again ...

Write to us about your favorite experiment that is fit to print!

Muffins



Grand Muffins

½ cup almond flour
½ cup all-purpose flour
½ teaspoon baking soda
1 teaspoon baking powder
Pinch of salt
½ teaspoon cinnamon powder
½ cup milk
¼ cup pure maple syrup
1 teaspoon pure vanilla extract
½ bag GrandHotCereal

1. Pre-heat oven to 425F.
2. Prepare six muffin paper cups or grease the muffin pan.
3. In a bowl, combine and sift almond flour, all-purpose flour, baking soda, baking powder, salt, and cinnamon powder.
4. In another bowl, combine and stir milk, maple syrup, and vanilla.
5. Add the milk mixture to the dry mix, stir until a smooth mixture.
6. Gently stir in the GrandHotCereal.
7. Evenly spoon the mixture into six muffin cups.
8. Bake for 5 minutes.
9. Reduce the oven temperature to 350°F, continue baking for an additional 16-17 minutes, or until a toothpick inserted in the center comes out clean.
10. Remove the muffin pan from the oven, allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.

The recipes for the following are under development. If you would like to help develop these recipes, contact gkapur@familygs.org

Grand Blueberry Muffins

Grand Carrot Muffins

Grand Chocolate Chip Muffins

Grand Nutty Muffins

Grand Everything But The Kitchen Sink Muffins

Pancakes



Grand Pancakes, Serves 4 to 6

1 cup cooked GrandHotCereal, cooled to room temperature
½ cup whole wheat flour
2 tablespoons flaxseed, ground
1 teaspoon ground turmeric (optional)
½ teaspoon baking powder
½ teaspoon baking soda
¾ cup milk or buttermilk
2 egg whites or 1 egg, lightly beaten
½ teaspoon pure vanilla extract
1 teaspoon oil

In a medium-size bowl, combine the cooked GrandHotCereal, whole wheat flour, ground flaxseed, turmeric (if using), baking powder, and baking soda; stir well.

In another medium-size bowl, combine milk or buttermilk, eggs, and vanilla extract; stir well.

Add the liquid mixture to the cereal mixture; using a whisk, combine ingredients to make a smooth paste; if too thick, add one tablespoon water at a time, stir well.

Heat ¼ teaspoon of oil in a heavy skillet over medium-low heat. Pour 1/3 cup of the pancake mixture into two areas on the pan; using the back of a spoon, gently flatten the pancakes.

Cook until bubbles appear on the top of the batter and the edges appear set; this may take up to 3 minutes.

Flip the pancakes and cook until set in the center, about 2 minutes.

Repeat cooking the additional pancakes.

Serve with the Very Berry Syrup (see the Very Berry Syrup recipe).

Grand Chocolate Chips Pancakes, Serves 4 to 6

1 cup cooked GrandHotCereal, cooled to room temperature
½ cup whole wheat flour
¼ cup chocolate chips, dark
2 tablespoons flaxseed, ground
1 teaspoon ground turmeric (optional)
½ teaspoon baking powder
½ teaspoon baking soda
¾ cup milk or buttermilk
2 egg whites or 1 egg, lightly beaten
½ teaspoon pure vanilla extract
1 teaspoon oil

In a medium-size bowl, combine the cooked GrandHotCereal, whole wheat flour, ground flaxseed, turmeric (if using), baking powder, and baking soda; stir well.

In another medium-size bowl, combine milk or buttermilk, eggs, and vanilla extract; stir well.

Add the liquid mixture to the cereal mixture; using a whisk, combine ingredients to make a smooth paste; if too thick, add one tablespoon water at a time, stir well.

Heat ¼ teaspoon of oil in a heavy skillet over medium-low heat. Pour 1/3 cup of the pancake mixture into two areas on the pan; using the back of a spoon, gently flatten the pancakes.

Cook until bubbles appear on the top of the batter and the edges appear set; this may take up to 3 minutes.

Flip the pancakes and cook until set in the center, about 2 minutes.

Repeat cooking the additional pancakes.

Serve with the Very Berry Syrup (see the Very Berry Syrup recipe).

Grand Chocolate Chips Nutty Pancakes, Serves 4 to 6

1 cup cooked GrandHotCereal, cooled to room temperature
½ cup whole wheat flour
¼ cup chocolate chips, dark
¼ chopped almonds, pecans, pistachio, or walnuts; or pumpkin seed or sunflower seed
2 tablespoons flaxseed, ground
1 teaspoon ground turmeric (optional)
½ teaspoon baking powder
½ teaspoon baking soda
¾ cup milk or buttermilk
2 egg whites or 1 egg, lightly beaten
½ teaspoon pure vanilla extract
1 teaspoon oil

In a medium-size bowl, combine the cooked GrandHotCereal, whole wheat flour, ground flaxseed, turmeric (if using), baking powder, and baking soda; stir well.

In another medium-size bowl, combine milk or buttermilk, eggs, and vanilla extract; stir well.

Add the liquid mixture to the cereal mixture; using a whisk, combine ingredients to make a smooth paste; if too thick, add one tablespoon water at a time, stir well.

Heat ¼ teaspoon of oil in a heavy skillet over medium-low heat. Pour 1/3 cup of the pancake mixture into two areas on the pan; using the back of a spoon, gently flatten the pancakes.

Cook until bubbles appear on the top of the batter and the edges appear set; this may take up to 3 minutes.

Flip the pancakes and cook until set in the center, about 2 minutes.

Repeat cooking the additional pancakes.

Serve with the Very Berry Syrup (see the Very Berry Syrup recipe).

Grand Nutty Pancakes, Serves 4 to 6

1 cup cooked GrandHotCereal, cooled to room temperature
½ cup whole wheat flour
¼ cup chopped almonds, pecans, pistachio, or walnuts; or pumpkin seed or sunflower seed
2 tablespoons flaxseed, ground
1 teaspoon ground turmeric (optional)
½ teaspoon baking powder
½ teaspoon baking soda
¾ cup milk or buttermilk

2 egg whites or 1 egg, lightly beaten
½ teaspoon pure vanilla extract
1 teaspoon oil

In a medium-size bowl, combine the cooked GrandHotCereal, whole wheat flour, ground flaxseed, turmeric (if using), baking powder, and baking soda; stir well.

In another medium-size bowl, combine milk or buttermilk, eggs, and vanilla extract; stir well.

Add the liquid mixture to the cereal mixture; using a whisk, combine ingredients to make a smooth paste; if too thick, add one tablespoon water at a time, stir well.

Heat ¼ teaspoon of oil in a heavy skillet over medium-low heat. Pour 1/3 cup of the pancake mixture into two areas on the pan; using the back of a spoon, gently flatten the pancakes.

Cook until bubbles appear on the top of the batter and the edges appear set; this may take up to 3 minutes.

Flip the pancakes and cook until set in the center, about 2 minutes.

Repeat cooking the additional pancakes.

Serve with the Very Berry Syrup (see the Very Berry Syrup recipe).

Very Berry Syrup, Serves 4 to 6

1 cup blueberries (or mixed berries), fresh or frozen
1 teaspoon orange zest
Juice of one orange
1 teaspoon lemon juice
1 tablespoon unprocessed honey

Combine all ingredients in a small pan, bring to boil over medium heat, reduce to simmer, and cook, stirring, for 5 to 7 minutes. Mash the berry mixture with a fork to form a thick syrup.

We would be happy to hear from you about your experience with the recipes; your questions and suggestions are most welcome.

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Thank You.