



Cinnamon Sugar Cereal Squares

These are NOT a dupe of the real thing, but they are crunchy and delicious and they stay crunchy for the whole bowl. They only get better after a minute or two in milk. Wow! Credit to my fiance, Ray, for telling me my sopapillas tasted like Cinnamon Toast Crunch.

Ingredients

- 168 g wheat berries, hard
- 168 g wheat berries, soft
- 7 g sea salt
- 10 g baking powder
- 30 g extra virgin olive oil
- 241 g water (HOT water)

CEREAL INGREDIENTS:

- 14 g butter (1 tbsp, melted)
- 50 g sugar, granulated (1/4 cup)
- 5 g cinnamon, ground (2 tsp.)

Directions

MAKE THE TORTILLAS:

2. Mill the grains into fine flour.
3. Add sea salt and baking powder, and mix together so everything is evenly distributed.
4. Pour HOT water into the flour mixture, followed by the extra virgin olive oil.
5. Mix together until well incorporated. I used a danish dough whisk.
6. Cover tightly and let rest at least 30 minutes.
7. Divide into 8 equal dough balls. I eyeballed it by forming a square and dividing into quarters, then divide each quarter in half. Roll into balls.
8. Let the dough rest another 15 minutes before rolling out into thin 9 - 10 inch circles.
9. Heat a skillet or comal to 450 F. Cook each one for about 20 second on one side, flip, and a few seconds later flip it back over again. Cook for about a minute total before removing from the skillet.
10. Keep tortillas on a plate or something covered with a towel, so the steam stays in them, and keeps them soft.

MAKING THE CEREAL:

12. Pile the tortillas on top of each other, and cut into strips with a chef knife.
13. Cut the strips into squares using the chef knife, and add them all to a 1 gallon bag or a container with a lid.
14. Pour in the melted butter, put the lid on your container or zip your bag, and shake! Each piece should be lightly coated in butter.
15. Pour in the cinnamon sugar mixture, and shake again until evenly coated.
16. Spread the items onto a baking sheet and bake until crispy. I did my air fryer for about 8 minutes, tossed them a bit, and baked for another 4 minutes. You could bake longer at a lower temperature - until crispy.
17. Spoon some into a bowl, and pour some cold milk over them. Enjoy! I didn't even wait for them to cool. The entire family was so happy!

Notes

You could always blend date sugar with cinnamon, and coat them in that for a whole food sweetened cereal.

Make it vegan:

Swap the butter for avocado oil, coconut oil, or vegan butter.