

# Heritage Recipes

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## Homemade Grapenut Cereal

My mother submitted this homemade grapenut cereal recipe. It was originally given to her by her sister-in-law. She says that during the dirty '30s, farmers were so cash poor they made their own grapenut cereal. It has become one of the most popular recipes on our website.

### Homemade Grapenut Cereal Recipe

3-1/2 cups Graham flour  
1 cup brown sugar  
2 cups sour milk  
1 tsp salt  
1 tsp soda

Mix flour, sugar, salt and soda well. Stir in sour milk. Bake one hour at 325-350 degrees. Break into small pieces and continue baking until brown and crusty. When cool, grind through a food grinder.

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