



## **10 Minutes For The Planet**

### **Green-up with some DIY – part 3:**

### **Breakfast Cereals ©**

*by Valentine Rinner*

Hello everyone and welcome to this week's episode of Ten minutes for the Planet. This is the third episode in the Green-Up Your Lifestyle D-I-Y series.

Today we'll learn how and why to make your own breakfast cereals.

In 2016, a study was released regarding the level of pesticides found in many best-selling conventional and organic breakfast cereals found in French supermarkets. According to the report, a number of different types of pesticides were found in each of the conventional cereals, as well as in some of the organic cereals, though in smaller quantities. What this means, is that those traces will end up in your body as obviously you can't wash them from your cereal before you eat it.

In addition to being slightly toxic, these same cereals, including the organic ones, are usually saturated in sugar and quite expensive too. The next time you go grocery shopping or sit down to eat your morning bowl, take the time to have a look at the ingredients list.

Despite pesticides, sugars, and cost, cereals remain the first choice for many when it comes to everyday breakfasts – children especially gravitate to cereals as they are appealing and addictive, but also because they are branded to parents as healthy morning food. With few on supermarket shelves meeting our criteria, the best solution is to make your own.

Making your own breakfast cereal is extremely cheap and easy – the best part being that you can design your own favourite. All you need is a few ingredients, with a preference for those that are certified organic. First: you will need some simple raw cereal flakes – the cheapest and most neutral in terms of taste are oat flakes, so they're good as a base, and can be mixed with other kinds of flakes such as millet, buckwheat, chestnut, rice, etc. Secondly: some liquid sweetener, such as honey or maple syrup. Thirdly: an oil, such as coconut or rapeseed oil. And lastly, but most importantly: your own selection of toppings. You can be inventive here, using anything from chocolate chips, to all kinds of nuts and seeds, or dried fruit – just pick your favourites to enhance your cereal mix. My personal favourite is oat and chestnut flakes, with coconut oil and a dash of honey, sprinkled with dark chocolate chips and linseeds. Another classic is white chocolate with macadamia nuts and cranberries.

To make your cereal mix, simply grab a large oven dish and sprinkle some oil in the bottom. Cover with a few hundred grams of cereal flakes, while adding and spreading the sweetener and oil. You can widely vary the quantities of sweetener and oil, from a few teaspoons of each, for more sober, muesli-type cereal, to a couple of cups, for a more crunchy, granola-type cereal. Add your nuts if you want them to roast. Then place the dish in the oven and cook it slowly at 100°C for a few hours, or more quickly, at 200°C for half an hour – but be careful not to forget the mixture and let it burn. Mix the cereals every now and then with a wooden spatula so that they cook homogeneously.

Leave the mixture to cool before adding your toppings. You can also keep it plain and add different toppings every morning. If you store your cereal in an air-tight container, preferably glass or stainless-steel, it can last for weeks.

Goodbye everyone and see you next week for a new episode of Ten Minutes for the Planet.