

# HAWAIIAN BAKED CEREAL

## INGREDIENTS

1 ½ cups barley flakes (or) oats (or) buckwheat

$\frac{2}{3}$  cup chopped dates

14 oz crushed pineapple

$\frac{1}{4}$  tsp salt

3 cups pineapple juice

## DIRECTIONS

1. Combine all ingredients in a bowl.
2. Pour into a glass oven proof dish and bake uncovered at 170°C for about 50 minutes.