



1 cup wheat
2 1/2 cups water
1/4 teaspoon salt

Optional:
1 teaspoon cinnamon
1/4 teaspoon nutmeg

Combine wheat, water, salt and cinnamon in a slow cooker or instant pot. Stir together and cook on low for 6-8 hours, overnight. Sprinkle with nutmeg and serve with cream and honey or pure maple syrup.