

# Toasted Cheese Shredded Wheat for Two (or More)



*Note: This is a very old recipe that used to be featured on boxes of Spoon-Sized Shredded Wheat in Canada. These days it's probably considered somewhat unhealthy, although it has nothing but good ingredients: cheese – a good protein; shredded wheat – fibre without sugar; and butter – a natural milk product.*

*It IS certainly deliciously rich and decadent.*

*Enjoy!*

*Although this recipe is perfect for one or two people, it can be easily increased for more. Just use a larger tray (and more cheese and butter, of course).*

## **Ingredients:**

Plain mini/spoon-sized shredded wheat  
Old cheddar cheese, grated (or cheese of choice)  
Butter, melted

## **Instructions:**

Arrange mini shredded wheat squares on a small mini-oven/toaster over tray, as closely as possible.

Melt some butter and dab each square using a basting or pastry brush.

Grate cheddar cheese and sprinkle it over the shredded wheat.

Toast under broiler in oven until bubbly and crisp.

Then just accept that you'll probably eat it all – because it's impossible to resist.