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3. Slowly Whisk Creamy Wheat Cereal Into Boiling Water, Stir Frequently. 4. Return To A Boil And Reduce Heat. 5. Simmer 10 Minutes Or Until Thickened, Stirring Frequently. MICROWAVE DIRECTIONS: 1. Combine 1 Cup Water And 1/4 Cup Creamy Wheat In A Bowl. 2. Stir Well To Prevent Lum 3th, 2024

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