



Simple | Healthy | Delicious

Wheat Berry Breakfast Bowl

INGREDIENTS

1 cup Greek yogurt
1/4 cup maple syrup
Scant tablespoon of extra-virgin olive oil
Scant tablespoon of butter
2 firm pears, cored, chopped
1/2 cup fresh cranberries
3 cups Nature's Earthly Choice Wheat Berries
1/2 cup toasted pecans
1/2 cup assorted dried fruits, chopped



DIRECTIONS:

1. Cook Wheat Berries as directed on package.
2. Whisk the yogurt and maple syrup together and set aside.
3. In a large skillet over medium-high heat, sauté the pear slices in the olive oil and butter for about five minute, or until they get a bit golden. Keep an eye on them though, because they can burn in a flash. Toward the very end, stir in the cranberries and cook for another minute or so - just until the cranberries soften up a bit and a few of them begin to split open. Add the wheat berries to the skillet and toss gently.
4. Turn out onto a platter, or serve in individual bowls ladled with a generous amount of the maple yogurt, and sprinkled with plenty of pecans and dried fruit. For those of you who prefer a bit more sweetness, serve with more maple syrup on the side.