

Wheat Berry Breakfast Bowl

simple
healthy
delicious

Ingredients

- 1 cup Greek yogurt
- ¼ cup maple syrup
- Scant tablespoon of extra-virgin olive oil
- Scant tablespoon of butter
- 2 firm pears, cored, chopped
- ½ cup fresh cranberries
- 3 cups Nature's Earthly Choice™ Wheat Berries
- ½ cup toasted pecans
- ½ cup assorted dried fruits, chopped

Serving for: 4-6



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 minutes, 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.