



Berry Banana Breakfast Bowl

Ingredients:

- 1 package Nature's Earthly Choice™ Microwavable Farro
- 1 cup non-dairy milk
- ½ teaspoon vanilla extract
- 2 teaspoons maple syrup or honey
- 1 cup berries of choice
- 1 banana, sliced
- Seeds and nuts of choice

Directions:

1. Squeeze pouch of farro to separate grains. Split the farro between two bowls and add ½ cup milk to each one. For each bowl, microwave for 1 minute, mix, then cook for 1 ½ to 2 minutes in 30 second intervals. The farro should be softer and the milk should be thicker.
2. To each bowl, add ¼ teaspoon vanilla extract and 1 teaspoon maple syrup. Stir.
3. Top with berries, sliced bananas, seeds, and nuts. Serve warm.