

Wheat Berry Cinnamon Porridge

1 cup Wheat Berries
2 ½ cups water or Vegetable Stock salt
1 cup Non-fat Milk
1 Cinnamon stick
1 teaspoon vanilla
2 Tablespoons Honey
¼ cup Chopped Pecans (toasted)
¼ cup Dried Apricots (chopped)

In a deep saucepan, add the Wheat Berries, water or stock and season with salt. Bring to a boil, cover and reduce to a simmer.

Cook for about 45 minutes, remove from heat and fluff with a fork. Allow to sit for a few minutes to soak up the remaining liquid.

While the Wheat Berries are cooking, pour the milk into a small saucepan with the Vanilla and a Cinnamon stick. Bring to almost a simmer, remove, and stir in the honey and cover to allow the milk to infuse.

To serve: spoon the Wheat Berries into a bowl, discard the cinnamon stick and pour in a desired amount of spiced milk, top with pecans and apricots.

<http://www.showfoodchef.com/2012/03/wheat-berry-cinnamon-porridge-superfood.html>