

Wheat Berry Breakfast Bowl

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Preparing Your Mise en Place

- 3 cups cooked wheat berries
- 1 cup non-dairy yogurt
- 1/4 cup quality maple syrup
- 1/4 cup toasted pecans
- 1/4 cup toasted walnuts
- 1/2 cup mixed dried fruit of choice
- 2 firm pears (or apples)
- 1 tbsp grapeseed oil
- 1 tbsp vegan butter

Cook the grains by following the instructions in the lesson on How to Cook Grains.

If you have previously cooked the grains, reheat them with steam prior to assembling the dish. Refer to the lesson for more information.

Gather the yogurt, maple syrup, toasted nuts and dried fruit of choice. We used dried blueberries, raisins and apples. Set aside.

To prepare the pears (or apples), first wash and then peel them (if desired). Cut the fruit into small chunks. Heat a fry pan over medium-high heat and add the oil and butter, followed by the fruit. Saute the fruit until softened through, about 5 minutes. Near the end, add the dried fruit and toss to combine.

Step 2: Assembling the Dish

Once the grains are warmed through, place them into a bowl. Top with a dollop of yogurt, the cooked fruit, toasted nuts and maple syrup as desired. Serve warm.