

# Creamy Wheat Berry Hot Cereal

## Ingredients:

- 1 ¼ cups old-fashioned rolled oats
- ½ cup raisins
- 2 cups nonfat milk, or reduced-fat soymilk
- ⅛ tsp. salt
- 1 ¼ cups Cooked Wheat Berries, (recipe follows)
- 2 tsps. brown sugar
- 1 tsp. ground cinnamon
- ¼ cup slivered almonds, toasted



## Nutrition Facts

Serving Size ¾ cup (170g)

Servings Per Container

Amount Per Serving

**Calories** 340      **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g      **9%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 105mg      **4%**

**Total Carbohydrate** 59g      **20%**

Dietary Fiber 8g      **32%**

Sugars 15g

**Protein** 13g

Vitamin A 4%      • Vitamin C 0%

Calcium 15%      • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water.
2. Place in a large heavy saucepan. Add water and a dash of salt. Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse.
3. Bring milk (or soymilk) to a boil in a medium saucepan over medium-high heat. Stir in oats, raisins and salt. Reduce heat to low, cover, and cook for 3 minutes.
4. Stir in cooked wheat berries and cook until heated through, about 1 minute more. Remove from the heat.
5. Stir in brown sugar and cinnamon; let stand for 1 minute.
6. Toast slivered almonds in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.
7. Sprinkle with toasted almonds and serve.