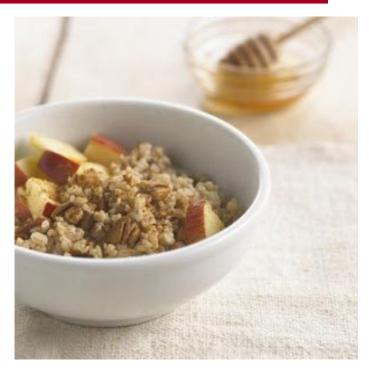


Wheat Berry Breakfast

Ingredients:

cup wheat berries, rinsed and drained
½ cup apple juice
½ cup chopped apricots
4 cup raisins
½ tsp. cinnamon
¼ tsp. allspice
¼ tsp. ground cloves
¼ tsp. cardamom
*Milk or soy milk (Optional)

Nutri Serving Size			cts
Servings Pe	r Containe	er 4	
Amount Per Se	rving		
Calories 27	0 Calo	ories fron	n Fat 10
		% Da	ily Value*
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg 0%			
Sodium 10mg 0%			
Total Carbo	hydrate (60g	20%
Dietary Fiber 7g 28			28%
Sugars 25	ġ		
Protein 8g			
Vitamin A 8%	6 • Y	Vitamin (C 100%
Calcium 4%	•	ron 15%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
	n. Carbohydrate	e 4 • Prote	ein 4





Directions:

- 1. Spray inside of crock pot with nonstick spray.
- 2. Place everything in crock pot, stir, cover and cook on low 8-10 hours.
- 3. Option to serve with milk or soy milk (not included in nutrient count).

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.