

Wheat Berry Breakfast

Ingredients:

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



Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 10
<small>% Daily Value*</small>	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 60g	20%
Dietary Fiber 7g	28%
Sugars 25g	
Protein 8g	
Vitamin A 8% • Vitamin C 100% Calcium 4% • Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



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).