



## Honey Cinnamon Breakfast Porridge

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### **Ingredients**

1 cup wheat berries  
5 cups water  
Salt to taste  
¼ cup creamed honey  
¾ teaspoon ground cinnamon

### ***Optional Ingredients and garnish***

¼ teaspoon freshly grated nutmeg  
½ cup raisins or other chopped dried fruit of choice  
½ cup chopped walnuts, almonds, hazelnuts, or a mixture for garnish  
2 cups plain low-fat yogurt  
Pomegranate seeds for garnish

### **PREPARATION**

#### **Step 1**

**The night before, combine wheat berries, 4 cups of the water and salt and bring to a boil in a saucepan. Reduce heat, cover and simmer 1 hour. Remove from heat, stir in the honey & cinnamon, (optional: nutmeg and raisins or dried fruit). Cover and leave overnight (or for 5 to 6 hours).**

#### **Step 2**

**In the morning, add remaining cup of water to the wheat berries and bring to a simmer. Cook 30 to 45 minutes, stirring often, until berries are soft and splayed at one end. There should be some liquid surrounding the wheat berries (add more water if necessary). Taste and add more sweetener if desired.**

#### **Step 3**

**Serve on their own with some of the liquid in the saucepan (stir in some milk if desired), or spoon about ⅓ cup yogurt into bowls and top with a generous spoonful of the berries, with some of the sweet broth. Top with a handful of chopped nuts and a few pomegranate seeds if desired.**

#### **Tip**

*Advance preparation: The cooked wheat berries will keep for 3 to 4 days in the refrigerator. The dried fruit will continue to swell and will lose flavor, but it will be captured in the broth.*

