

## Breakfast Wheat Berries with Dates, Strawberries, and Pistachios

Serves 6

### Ingredients

- 1 and ½ cups wheat berries
- 6 cups water (+ more for soaking)
- 1 cup vanilla almond or soy milk
- 1 and ½ tsp. ground cinnamon
- 1 tsp. vanilla extract
- 2 tbsp. agave nectar or pure maple syrup (more or less to taste)
- ½ cup chopped dates
- 1 cup chopped fresh strawberries
- 1/3 cup chopped shelled pistachios

### Directions

- 1) Put the wheat berries in a medium sauce pan with enough water to cover and soak overnight. Drain.
- 2) Put the wheat berries back in the pan with 6 cups water. Bring to a boil. Simmer, partially covered, for an hour to an hour and 15 minutes, or until tender. (They will still be slightly chewy when cooked). Drain.
- 3) Put the wheat berries back into the pan with the almond or soy milk, cinnamon, vanilla, sweetener, and dates. Cook over medium-low heat for about 10 minutes, or until most of the milk has been absorbed.
- 4) Add in strawberries and pistachios and serve.