

RECIPE LIST



UNDER 15 MINUTES

INGREDIENTS



FOR 2 SERVINGS



Winter Kale Salad

1 cup cooked wheat berries

1 large bunch washed kale

½ cup pumpkin maple vinaigrette

1 cup roasted squash bites

1 chopped apple

Cider vinegar

Caraway cheese



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Wheat Berry Pilaf

2 cup cooked wheat berries

1 onion chopped

2 clove garlic chopped

1 sweet pepper chopped

4 med beets peeled, sliced in ½ inch slices

1 bunch fresh herbs steeped in 1 cup water, broth or wine

Maple syrup



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Blueberry Maple Pudding

1 cup fresh or frozen blueberries

1 cup cooked wheat berries

2tbsp maple syrup

Maple cream

