

Wheat Berry Fruit Salad



Ingredients

2 cups wheat berries	2 Tbsp extra virgin olive oil
6 cups water	2 Tbsp lemon juice
2 apples, chopped	1/4 tsp salt
1 cup raisins	1/4 tsp black pepper
1 cup walnuts	1/2 tsp ground nutmeg
1/2 cup pomegranate seeds	1/2 tsp ground cinnamon
1/3 cup apple juice	

Instructions

Transfer wheat berries to a large sauce pan and stir in 6 cups of water. Bring to a boil. Reduce heat and simmer for 60 - 80 minutes or until wheat berries are tender. Add water if needed to keep berries covered. Drain and allow to cool. Combine remaining ingredients. Mix with wheat berries and chill.

Nutrition Information Per Serving

Serves 12

Calories: 280

Fat: 10 gm

Sodium: 45 mg

Fiber: 6 gm

Carbohydrates: 44 gm

Protein: 7 gm

Sugar: 16 gm