

## Ingredients

1 cup wheat berries	1 Tbsp extra virgin olive oil
3 cups water	1 Tbsp lemon juice
1 apple, chopped	1/8 tsp salt
1/2 cup raisins	1/8 tsp black pepper
1/2 cup walnuts	1/4 tsp ground nutmeg
1/4 cup pomegranate seeds	1/4 tsp ground cinnamon
1/4 cup apple juice	

## Instructions

Transfer wheat berries to a large sauce pan and stir in 3 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 6

Calories: 280

Fat: 10 gm

Sodium: 45 mg

Fiber: 6 gm

Carbohydrates: 44 gm

Protein: 7 gm

Sugar: 16 gm