

WHEAT BERRY SALAD

From the Kitchen of: Hannah Hotchkiss, Member, A2 Vegans

Preparation Time: 10 minutes | **Cook Time:** 20 minutes | **Yield:** 3-4 servings

Common Allergens: Wheat

This creative recipe was shared by the “A2 Vegans” community group, and combines sweet and tangy flavors for a refreshing whole grain salad! Wheat berries are the short grains of the wheat plant that are most often ground into flour, but shine on their own in this salad.

INGREDIENTS:

- 1 1/2 cups dry wheat berries
- 2 fuji apples, chopped
- 1/4 cup lemon juice
- 1/3 cup pecans, chopped
- 2 celery stalks, chopped
- 10 dried dates, chopped

INSTRUCTIONS:

- Cook the wheat berries by boiling them in water for 20 minutes. Drain and allow to cool.
- Mix cooked wheat berries with all other ingredients.
- Serve and enjoy!

