

Traditional Food Recipe

Wheat Berries with Yogurt, Cinnamon and Dried Fruit

Recipe adapted from Daniela Diamente, Tucson CSA



Ingredients:

- 1/4 cup cooked wheat berries
- 1 stick cinnamon (or ground cinnamon)
- 1 cup orange juice
- 1/2 cup dried fruits (raisins/cranberries/cherries)
- 1-2 small oranges zested, once oranges are zested, save them to squeeze for the juice
- 1/4 cup chopped nuts (optional)
- 1 cup Greek yogurt

Directions:

Servings: 1

- Add the dried fruit and cinnamon stick (or 1 tsp cinnamon) to 1 cup orange juice.
- Soak the dried fruit and cinnamon in the orange juice until the dried fruit is soft and most of the liquid is absorbed.
- Mix the soaked fruit and the remaining juice into the cooked wheat berries.
- Add the zest from the oranges and squeeze the juice of the zested oranges directly into the bowl.
- Add nuts, if using.
- Stir in Greek yogurt until you have a creamy consistency, Enjoy!

♥ Foods in pink can be purchased with WIC benefits
🍌 Traditional foods are underlined

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Nutritional Highlights:

- Wheat berries are an excellent source of fiber and plant-based protein.
- Oranges have vitamin C, fiber and calcium.
- Fiber and plant-based proteins help prevent and control diabetes as well as reduce the risk of heart disease.

Fun Fact:

- Vitamin C helps prevent bacteria from growing in your mouth and may help your breath smell better.
- Oranges, grapefruit, berries and melons are all high in Vitamin C.

