



Cranberry Wheat Berry Salad

1 cup cooked wheat berries*	1 tsp honey
2 Tbsp dried cranberries	1 tsp fresh finely chopped basil
2 Tbsp sliced almonds	Rosemary sprigs to taste
1 tsp apple cider vinegar	

Place the wheat berries and 3 cups of salted water in a saucepan with the rosemary sprigs, bring to a boil then reduce heat and simmer over low heat until cooked, approximately 45 minutes, or until they are soft. Drain.

Combine the wheat berries and rosemary with the remaining ingredients in a mixing bowl. Serve warm or cold.

*Hulled barley can easily be substituted for the wheat berries in this recipe. Also, this recipe can be fine-tuned to individual tastes by increasing or decreasing the amounts of the vinegar, honey and basil.