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Wheat Berry Breakfast Bowl

Last year on a cold morning, I woke up craving the comfort of a hot oatmeal breakfast. But, there was no oatmeal in the house. I did have some wheat berries and decided to try them in place of the oatmeal. The hearty dish has now become my favorite breakfast. I think you'll enjoy it, too.

3/4 cup hard red winter wheat berries
1/2 teaspoon cinnamon
1 tablespoon local honey
1/4 cup diced apples

Stir the wheat berries into 3 cups of rapidly boiling water.

Reduce the heat and simmer for 45 minutes. Drain well.

Pour the wheat berries into a small mixing bowl.

Stir in the remaining ingredients, divide among two serving bowls, and serve warm.

Makes 2 servings.