

Joan's Wheat Berry Salad

Joan says, "I love this in my lunch or just as I dash out to class."

Ingredients:

1 cup wheat berries cooked and drained
1/2 cup raisins
1/2 cup dried cranberries
1/4 cup dried apricots chopped
Handful of sugar snap peas, rough chop
Diced red onion
Chopped parsley and cilantro
1/4 cup chopped walnuts or your choice of nuts

Dressing:

1/4 cup cider vinegar
1 to 2 tbsp honey
Salt and pepper
1/2 tsp cumin
1/2 tsp cinnamon
Good drizzle of olive oil

Directions:

Mix all of the above together and drizzle over wheat berries, dried fruit and vegetables.

Keep in the fridge until ready to serve.