
Wheat Berry Pudding

Ingredients

- 1 cup (200 g) Fieldstone Organics whole grain wheat berries (Hard Red Spring Wheat, or an Ancient Grain)
 - 4 cups (1 L) milk (or $\frac{1}{2}$ milk + $\frac{1}{2}$ cream for richer pudding)
 - $\frac{1}{2}$ cup (100 g) sugar or maple syrup
 - 1 tsp vanilla extract
 - $\frac{1}{2}$ tsp cinnamon (optional)
 - $\frac{1}{4}$ tsp salt
 - $\frac{1}{2}$ cup raisins, chopped dates, or dried cherries
 - 2 tbsp butter (optional, for richness)
 - Zest of 1 lemon or orange (optional)
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Method

Rinse the wheat berries and soak in water overnight if possible to reduce the cooking time.

Cook the wheat berries: In a medium saucepan, combine wheat berries, milk, salt, and cinnamon. Bring to a gentle boil, then reduce heat and simmer **35–45 minutes**, stirring occasionally, until wheat is tender and creamy. Add more milk if needed.

Sweeten and flavor: Stir in sugar (or maple syrup), vanilla, dried fruit, and zest. Cook another 5 minutes.

Finish: Remove from heat and stir in butter for extra richness if desired.

Serve: Warm, or chill in the refrigerator to set slightly. Top with nuts, whipped cream, or a drizzle of honey or maple syrup

