



WHEAT BERRY DESSERT SALAD

INGREDIENTS

- 1 1/2 C REGENERATIVE WHEAT BERRIES
- 2 SMALL PKG VANILLA INSTANT PUDDING- DRY
- 1- 8OZ PKG CREAM CHEESE SOFTENED
- 1- 12OZ CONTAINER WHIPPED TOPPING
- 1- 15OZ CAN CRUSHED PINEAPPLE- JUICE RESERVED
- 1/2C CHOPPED WALNUTS
- 2T LEMON JUICE

PREP TIME: OVERNIGHT

COOK TIME: 90 MIN

TOTAL TIME: 12 HOURS

SOAK WHEAT OVERNIGHT

- COOK FOR ABOUT 90 MIN IN 5C WATER OVER MEDIUM HEAT OR UNTIL BERRIES ARE SOFT
- DRAIN AND COOL WELL
- COMBINE CREAM CHEESE WITH DRY PUDDING IN A LARGE BOWL: STIR WELL.
- STIR IN DRAINED PINEAPPLE AND ENOUGH LIQUID TO MAKE A THICK PUDDING BATTER. I USE ALL OF THE JUICE FROM 1 CAN
- FOLD IN WHIPPED TOPPING
- ADD COLD WHEAT BERRIES AND NUTS
- SERVE AND ENJOY!