

Wheat Berry Breakfast

(A favorite of Dr. Christopher's)

2 c. wheat berries or other grain of choice

3-4 c. distilled water

Sweetener of choice such as honey, juice, or maple syrup (optional)

Raisins (optional)

Soak 2 cups of grain overnight, covered, to allow them to soften and prepare to sprout. This can be done in a large jar or a medium sized bowl. In the morning or 8 hours later, rinse the grains with clean water. Place them spread out in a 9x13 glass dish or something of that size to allow the grains to disperse. Do not add water. Place a plastic wrap over the dish to keep moisture in the container. Place container by a window where it can receive sunlight. Rinse the grains 2-3 times a day with fresh water to wash off bacterial build up. Do this for two days. You should see a small tail begin to grow. After the second day of allowing the grains to sprout, rinse and use or refrigerate them. If the grain isn't soft enough to your liking, you can get very warm water (not hotter than 118 F degrees) and put your grains and warm water in a lidded tight container. Wrap in a blanket to insulate the heat. Let it sit overnight. This can further soften the grain. Rinse off the liquid and add raisins and sweetener of choice if desired. Serves about 4.