

Wheat Berry Oatmeal Porridge

Let's see: skim milk, oats, wheat berries, almonds. It's a veritable who's who of good for you foods. More importantly, it's creamy, satisfying, and undeniably tasty. If this doesn't keep you full until lunch, nothing will.

Makes 1 serving

1/2 cup old-fashioned rolled oats

1 scant cup skim milk

1/4 cup golden or traditional raisins, dried cranberries, dried blueberries, or a mixture (you choose)

1/3 cup [cooked wheat berries](#)

Brown sugar and cinnamon, to taste

Toasted slivered almonds, for sprinkling

In a 4-cup glass measure or other good-sized microwave-safe bowl, combine the oats, milk, and dried fruit. Microwave on high, uncovered, for 2 minutes. Give a stir.

Stir in the cooked wheat berries and return to the microwave for about 90 seconds longer. Remove and let stand about a minute to thicken slightly. Transfer to a cereal bowl.

Sweeten with brown sugar to taste, and sprinkle with cinnamon and toasted almonds.