

Dolci di Grano

*A traditional Italian dessert
made from wheat berries.*



*Soak 2 cups of wheat berries overnight, after rinsing
3-4 times in fresh water. Cook with bay leaf for 1 hour or until tender.*

Add:

1/2 cup of dried apricots and dates (or figs, not both)

1/2 cup of fresh fruit of the season

1/2 cup of chopped toasted hazelnuts (or walnuts, not both)

1/2 tsp of cinnamon

3 TBS of honey

2 TBS of saba or white balsamic vinegar to taste