

Emmer Breakfast Bowl

Makes 2 servings | Grains • Dairy • Fruit

Ingredients

- 1 cup cooked emmer, fresh cooked or leftover
- 2 Tablespoons low-fat milk (optional)
- ½ cup low-fat yogurt, any flavor
- ¼ cup nuts
- ¼ cup dried fruit
- ½ cup fresh, canned, or frozen (and thawed) fruit, cut into small pieces (try berries, apples, peaches, etc.)
- Cinnamon

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook emmer, if using fresh (see below). If using leftover emmer, heat in the microwave or on the stove with a little milk (if desired).
3. Divide emmer between two bowls.
4. Top each bowl of emmer with yogurt, nuts, dried fruit, fruit, and a sprinkle of cinnamon.

Cooking Cracked Emmer

- 6 cups water
 - 1 cup cracker emmer
1. Wash hands with warm, soapy water for 20 seconds.
 2. Rinse emmer under cool, running water. Set aside.
 3. Bring water to a boil in a medium pot.
 4. Add emmer to boiling water. Reduce to a simmer and cook for 35-40 minutes or until tender. Emmer will still be chewy, but should not be crunchy.
 5. Drain. If not using right away, rinse under cool water and refrigerate.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyo.cnpp.org/> | cnpp-info@uwyo.edu

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