

## ***Wheat Berry Breakfast Bowl***

1 cup Greek yogurt  
1/4 cup maple syrup  
1 tablespoon of butter  
1 tablespoon of olive oil  
1/2 cup fresh cranberries  
1/2 cup toasted pecans  
3 cups cooked wheat berries  
1/2 cup assorted dried fruits, chopped  
2 firm pears, cored and chopped into 1/4-inch THIN bite-sized slices

Whisk the yogurt and maple syrup together and set aside.

In a large skillet over medium-high heat, sauté the pear slices in the olive oil and butter for about five minutes, or until they get a bit golden. Toward the very end, stir in the cranberries and cook for another minute or so. Add the wheat berries to the skillet and toss gently.

*Serve in individual bowls ladled with a generous amount of the maple yogurt, and sprinkled with plenty of pecans and dried fruit.*

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