Wheat Berries

What are they? Whole, unprocessed wheat kernels in their most natural form.

Cracked wheat berries cook faster than whole wheat berries which require 1 hour of boiling.

Use as a replacement for couscous in a lunch with roasted veggies and feta. Or enjoy with hot broth and Parmesan.

Eat Well Berkeley aims to promote healthy food and beverage options for the UC Berkeley campus community.

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