

# Dave's Autumn in a Bowl (a very whole-grain porridge)

Sunday November 29<sup>th</sup>, 2020

Time permitting, I make this at work on my desk in my 4-cup rice cooker using ¼ cup of steel-cut oats and/or cracked wheat instead of the wheat berries, and I cook it all on “White Rice” setting. Easy!

Gather and/or prepare the following:

- a **medium-sized sauce pan with lid**
- 1 cup of **water**
- approx. 2 tsp. **vanilla extract** (I've been using the Spice Supreme imitation – \$1 a bottle.)
- ¼ cup of a **wheat berries** (or another similar whole grain)
- 8 oz. of finely chopped **carrots** (I sometimes use a very small – 1-cup – food processor.)
- a small serving of chopped **dates**
- a small serving of finely chopped/minced **ginger** (Today I used dried/candied ginger slices.)
- a generous dusting of **cinnamon** (that coats everything)
- a light sprinkling of **chili powder**
- a little ground **nutmeg**
- a little ground **allspice**
- a little ground **cardamom**
- 1 diced/chopped **apple** (I used 2 Honeycrisps today.)
- ¼ cup of **dried cranberries** and/or **raisins** (I used a combo of both today.)

Pour the water and vanilla into the pan and bring to a **boil**.

Add the wheat berries and turn heat to the **lowest/simmer** setting.

Add the remaining ingredients in the **order** listed above.

Cover and let simmer on the lowest heat for at least **1 hour**, and enjoy! 😊

Possible additions:

- nuts (The carrots already provide a nice nut-like crunch without any fat.)
- blue berries
- \_\_\_\_\_

This is a great recipe that has...

- ❖ no cholesterol
- ❖ no (or ultra low) fat
- ❖ no (or ultra low) salt
- ❖ loads of fiber
- ❖ a small amount of added sugar (that can be made even smaller by omitting the dried fruit)
- ❖ the robust holiday scents and flavors of mincemeat, carrot cake, and apple pie rolled all in one!