

Apple Grain Salad



Ingredients

- 2 cups of 5 grains mixture**
- 4 cups apple cider
- 4 cups water
- 1 cup chopped walnuts
- 1 cup raisins
- 3 medium apples, unpeeled, cored and chopped
- 1 Tbsp. ground nutmeg
- 1 Tbsp. ground cinnamon
- 2 Tbsp. olive oil
- 1 lemon, squeezed

Directions:

1. In a saucepan, bring the water and 3 cups of apple cider to a boil. Add the 5 grains and cook according to package directions.
2. Drain the 5 grains and set aside to cool.
3. In a large bowl, combine the 5 grains, walnuts, raisins, apples, nutmeg, cinnamon, olive oil, lemon and the remaining apple cider. Mix well.
4. Serve immediately and enjoy!

***Yield 10 servings, serving size: 1 serving. Calories: 277.
Fat: 4.9 g. Cholesterol: 0 mg. Sodium: 15 g. Carbohydrates: 55 g.
Fiber: 5 g. Sugar: 12.3 g. Protein: 4.4 g.***

**These facts may vary based on size, amount,
and brand use. This information is only a guide.*

***This recipe uses Pedon Italian 5 Grains. Nutritional value may vary depending on brand.*