



Wheat Berry Fruit Salad

Ingredients:

- 1 cup wheat berries (boil in 2 c. of water like you cook rice)
- 1 tub of cool whip
- 1 8 oz tub of cream cheese
- 1 20 oz can of crushed pineapple & juice
- 1 8 oz box of vanilla pudding powder

Instructions:

Boil wheat berries for about 30 minutes until puffed up and soft. Meanwhile, mix pineapple and cream cheese until smooth. Fold in whipped cream and pudding mix. Drain wheat berries and let cool. When cool, fold into salad. Serve cold.

For questions about long-term food storage please call us at 844-857-8277 or email us at customerservice@packfreshusa.com