

Fruity Whole Grain Breakfast Porridge

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Prep Time 15 minutes

Cook Time 9 hours

Total Time 9 hours 15 minutes

Servings [8](#) servings, about $\frac{3}{4}$ cup each

Ingredients

- $\frac{3}{4}$ cup dry steel cut oats
- $\frac{1}{2}$ cup dry wild rice
- $\frac{3}{4}$ cup dry pearl barley (or dry farro)
- 1 cinnamon stick
- 1 2- inch slice dry orange peel
- 1 Tbsp . raw honey (or pure maple syrup)
- $\frac{1}{2}$ tsp . sea salt (or Himalayan salt)
- $\frac{1}{4}$ cup chopped dried apricots (or dried cherries, dried

apples, or raisins)

- $\frac{1}{4}$ cup unsweetened dried cranberries
- 6 cups water
- 1 cup chopped raw walnuts (or almonds, pecans, or cashews)
- 4 cups unsweetened almond milk

Instructions

1. Place oats, wild rice, barley, cinnamon stick, orange peel, honey, salt, apricots, cranberries, and water in a 3-quart slow cooker. Cook, covered, on low temperature for 7 to 9 hours, stirring once or twice (if you are up).
2. Before serving, mix well. Serve each portion topped with 2 Tbsp. walnuts and $\frac{1}{2}$ cup almond milk.

Tip:

Use a vegetable peeler to remove just the outer part of the orange peel, avoiding the white pith which can be bitter.

Nutritional Information (per serving):

Calories: 315

Total Fat: 12 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 240 mg

Carbohydrates: 45 g

Fiber: 6 g

Sugars: 9 g

Protein: 9 g

Containers

2 $\frac{1}{2}$ Yellows

1 Blue

*Recipe from Beachbody Blog