

Spelt Berry & Apple Breakfast Salad

Ingredients

- 1 cup (200 g) spelt berries, soaked overnight
- 2 cups (480 ml) water
- 1 large apple (180 g), diced
- 2 tbsp (30 ml) fresh lemon juice
- 2 tbsp (20 g) sunflower seeds
- 1 tbsp (15 ml) honey (*optional*)

Step-by-Step Instructions

1. Soak spelt berries overnight to reduce cooking time.
2. Drain and rinse, then cook in boiling water for 35–40 minutes until tender but chewy. Drain excess water.
3. Toss warm spelt berries with apple, lemon juice, and sunflower seeds.
4. Drizzle with honey if desired and serve immediately.

Why This Helps Blood Sugar

Spelt is rich in complex carbs and magnesium, which supports glucose metabolism. Apples add pectin, a soluble fiber that helps regulate blood sugar swings.