



# Fruity Spelt Salad

*A flexible, fresh grain salad—sweet, savory, and perfect warm or chilled.*

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## Ingredients

### Grain Base

- 1 cup **spelt berries** (or hard white wheat or another whole grain)
  - 2 cups **water or chicken broth**
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### Mix-Ins (about $\frac{1}{4}$ cup each, adjust to taste)

- Pineapple (fresh or canned, diced)
  - Strawberries, diced
  - Grapes, halved
  - Golden raisins
  - Roasted cashews
  - Salted peanuts (or dry roasted peanuts)
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## Dressing

- Xagave (or honey), to lightly coat
  - Oil (choose one):
    - Cold-pressed canola oil
    - Olive oil
    - Avocado oil
  - Raspberry balsamic vinegar, to taste (start with 2 Tbsp)
  - Salt, to taste
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## Instructions

### Step 1: Cook the Grain

#### Instant Pot Method (recommended):

1. Add spelt and liquid to the Instant Pot.
2. Set to **Manual (High Pressure) for 25 minutes**.
3. Allow **natural release for 10–15 minutes**, then release remaining pressure.
4. Drain any excess liquid using a mesh strainer.

#### Stovetop Method:

1. Bring grain and liquid to a boil.
  2. Reduce to a simmer and cook (like rice, but longer) until tender.
  3. Drain excess liquid if needed.
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### Step 2: Build the Salad

1. Place cooked and drained grain in a large bowl.
  2. Add fruit, nuts, and raisins (about ¼ cup each, or to your liking).
  3. Gently stir to combine.
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### Step 3: Dress It

1. Drizzle with **Xagave (or honey)** to lightly coat.
2. Add a small amount of oil to give it a smooth, rich texture.

3. Sprinkle in **raspberry balsamic vinegar** (start with 2 Tbsp and adjust).
  4. Stir until everything is evenly coated.
  5. Finish with a light sprinkle of salt.
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## Serve

- Serve **warm** or **chilled**
  - Refrigerate leftovers
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## Tips (optional but helpful)

- This recipe is very flexible—use what you have on hand
- Add protein: grilled chicken or feta cheese
- Great for meal prep—flavors get even better after sitting