



Simple | Healthy | Delicious

Sweet and Spicy Farro, with Apples and Cashews



INGREDIENTS

1 cup farro
2 teaspoons butter
2 medium apples
1/2 cup roasted, unsalted cashews
1/4 teaspoon cinnamon
1/8 teaspoon cardamom
Pinch black pepper and pinch cayenne
1/2 teaspoon salt
1/4 teaspoon lemon juice

DIRECTIONS:

1. Melt the butter over medium heat. Add the apples, cashews, spices, salt, and lemon juice, and raise heat to medium high. Cook, stirring occasionally, until the liquid evaporates and the apples soften and begin to brown, about 8 minutes. Add to the farro.
2. If making in advance (as recommended), cool completely and store, covered, in the fridge. In the morning, dole out a portion and microwave with a healthy glug of milk. Sweeten with brown sugar and sprinkle with additional cinnamon, if desired.