

A Fast-Friendly RECIPE from ByziMom.com  
for December 4

# St. Barbara's Breakfast



Children in the Middle East celebrate on the eve of St. Barbara's feast by dressing up in costumes and going house to house, singing and receiving treats...much like we Americans do on Halloween. This is to remember the legend which says that Barbara dressed in disguise while fleeing from her persecutors. She was also said to have run through a freshly-planted field of wheat which miraculously grew up behind her as she ran, concealing her path. This is why it is also customary to eat wheat on her feast, like the delicious and comforting breakfast we are about to make! People all over the world customarily make this breakfast on St. Barbara Day with ingredients like dried wheat berries, dried fruits, and nuts because it is believed that the saint was given foods such as these to eat in her tower. Cherries are on the menu as well, commemorating the cherry branch she kept in her prison tower which blossomed at her entry into eternal life.

## Ingredients

- 1 cup bulgur wheat (steel cut oats are great too!)
- 2 ½ cups non dairy milk
- Dash salt
- 1 tsp vanilla and/or almond extract
- 1 Tbsp brown sugar
- ½ cup dried cherries, fresh, or frozen cherries are fine as well...use more if you like lots of fruit. :)
- ¼ cup slivered almonds

## Preparation

Before going up to bed on the eve of St Barbara's feast (which is December 4th) combine all the ingredients in a small crockpot and cook on low heat overnight. You can add a little more milk or water if needed in the morning, before serving.

## Tip

Serve with a little maple syrup and/or brown sugar and top with some fresh cherries and some more slivered almonds, if desired.

On any other day you may opt to vary your ingredients to include peaches and pecans; apples, raisins, and walnuts; blueberries, fresh or dried; chocolate chips...just about anything!