



## **Hot Barley Flakes**

2 cups water

1 cup barley flakes

Pinch salt, optional

Optional fruit additions: 2 chopped bananas, 1/4 cup raisins or other dried fruit

Bring water to a boil in medium saucepan. Stir in barley flakes and salt. Bring to a boil. Cover, reduce heat to low and cook for 20 minutes or until water is absorbed. During last 5 minutes of cooking, stir in fruit of choice, if desired. Makes 4 servings.

### **Microwave directions for a single serving**

2/3 cup water

1/3 cup barley flakes

Pinch salt, optional

Optional fruit additions: 1/2 chopped banana, 2 tablespoons raisins or other dried fruit

In 4-cup microwave-proof container, combine water, barley, salt and fruit of choice. Microwave on HIGH power for 3 minutes. Stir. Continue to microwave on HIGH power for 3 minutes longer. Cool slightly and serve. Makes 1 serving.

***For more recipe ideas, visit [www.barleyfoods.org](http://www.barleyfoods.org).***