

QUICK COOKING BARLEY WITH FRUIT & YOGURT



1 cup Quick Cooking Barley
¼ cup organic apple juice
¾ cup water
Pinch ground cinnamon
Pinch ground nutmeg
¼ cup raisins
¼ cup dried cranberries
½ cup chopped figs
½ cup yogurt
¼ cup toasted almond flakes

Directions:

In medium saucepan, add Quick Cooking Barley, apple juice, water, cinnamon and nutmeg. Bring to a boil, stir well and reduce to a simmer. Add raisins, cranberries, and figs. Stir well. Cover and let simmer for 10 – 15 minutes. Shut off heat and let steep for 10 – 20 minutes. At this point you can eat as a hot cereal, or cool down and add ½ cup yogurt. Mix well, serve and top with toasted almonds.

Feel free to add any other of your favorite fruits: chopped apples, pears, or berries

Yield: 4 servings

Nutritional Content: 41mg Sodium, 569 mg Potassium, 5.4 g fibre 5.1 g protein

**Progressive Foods Quick Cooking Barley available at NUTTERS
BULK AND NATURAL FOODS in Leduc AB**