



Overnight Flaked Barley

GUARDIAN GRAINS

Ingredients

- 1 Cup Flaked Egyptian Hulless Barley
- 2 TBSP unsweetened cocoa powder
- 1 1/2 TBSP chia seeds
- 3/4 Cup non-dairy milk of choice
- 1/2 Cup Coffee
- 1 TBSP maple syrup
- 1/2 tsp vanilla extract
- 2 TBSP mini chocolate chips (optional)

Extra Toppings:

- Nut butter
- Walnuts
- Bananas
- Berries

Directions

1. Using 16 oz jar (or larger) place all ingredients in jar starting with flaked barley, cocoa powder & chia seeds. Then add milk, coffee, maple syrup, vanilla extract & chocolate chips (if using). Stir ingredients using large spoon or seal jar with tight lid & shake until mixed.
2. Place jar in fridge for at least 3 hours or overnight
3. Divide into 2 jars or bowls & enjoy cold or warm
4. Add toppings if you would like.

Notes

If omitting chia seeds, you can reduce milk by 1/4 Cup.

