



FLAKED BREAKFAST BARLEY



Ingredients:

- 1 Cup Flaked Egyptian Hulless Barley
- 2 Cups Water
- 1/2 Cup Milk
- 1/2 tsp Cinnamon
- 1/8 tsp Nutmeg
- 1/4 Cup Pecans or Walnuts
- 1/4 Cup Golden Raisins
- Honey/brown sugar or maple syrup to taste

Procedure:

1. Boil 2 Cups Water and Egyptian Hulless Barley for 8 MIN
2. Add Spice, Milk & Nuts
3. Simmer for 5 MIN
4. Remove from heat
5. ENJOY!

Makes 2 Servings

Notes:

We like to add a sliced banana or a mix of raspberries & blueberries just before serving