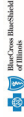


Apple Raisin Breakfast Barley



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Ingredients:

- 1-quart water
- 1 cup barley
- 1 cinnamon stick
- 3/4 cup apple cider
- 5 tablespoons raisins
- 4 oz. apples peeled and chopped
- 1/4 cup water
- 1 1/2 tsp. lemon juice

Directions:

1. Do not rinse barley for this recipe. In a large pot, bring water to a boil. Add barley and cinnamon stick. Reduce heat to a simmer. Continue simmering until almost all liquid is absorbed (about 40 minutes).
2. Add apple cider, raisins, apples, water, and lemon juice. Continue cooking until additional liquid is evaporated (about 30 minutes), remove cinnamon stick.