

BARLEY cereal recipe



Tools

Saucepan, storage trays, zip-lock bags

Ingredients

A quarter (1/4) cup of barley powder, a cup of water, breast or formula milk, and some fruits and nuts

Method

*Boil some water, add in barley powder, and stir continuously
Let it simmer on low heat until you have the desired thickness
Take it off the heat and let it cool
Add in breast or formula milk, some fruits and nuts*

Storage

Keep refrigerated in storage trays placed inside zip-lock bags.