

Whole Grain Breakfast Recipe

Rice Cooker

Barley and Pears



Ingredients	Approx. Cost
2 rice cooker cups of barley flakes*	\$1.00
1 ripe pear, peeled, cored and chopped	\$.70
Juice of 1/2 a lemon	\$.25**
2 to 3 tablespoons brown sugar	\$.25**
1/4 teaspoon cardamom or cinnamon	\$.25**
1 tablespoon butter	\$.12
1/4 cup sliced almonds	\$2.49
Total cost	\$5.06

of servings: 4 - 1 cup servings **Cost per serving: \$1.27**

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

* Barley flakes can be found in bulk at *Whole Foods* or other health food stores.

Directions: Put barley flakes, chopped pears and 4 rice cooker cups of water into the rice cooker and add a pinch of salt. Cover and push down “on” button. Button will “click” up to warm position when barley is done. Unplug cooker. Stir into the barley and pears the lemon juice, brown sugar, cardamom (or cinnamon) and butter. Serve with sliced almonds sprinkled over top and a dash of milk, if desired.

Nutritional Information per 1 cup serving

Calories: 248	Vitamins/Minerals
Fat: 8g	Vitamin A: 3.5%
Saturated fat: 2 g % of daily total: 9%	Vitamin C: 6%
Carbohydrates: 39g	Calcium: 3.5%
Fiber: 7 g	Iron: 10%
Protein: 7g	Good Source of*:
	Iron, Selenium, Copper, Manganese
	*10% or more of the RDA

based on 2000 calorie diet

