

BARLEY FOODS

For Your Baby



Barley water

A simple strained blend of pressure-cooked barley topped with a pinch of jaggery.



Barley apple porridge

A simple snack mix made with soft-cooked barley, soft chicken, peas, and carrots.



Barley salad

A simple snack mix made with soft-cooked barley, soft chicken, peas, and carrots.



Sweet potato barley gruel

A nutritious blend of sweet potato, and pearled barley, topped with a pinch of pepper or curry powder seasoning.



Barley potato balls

A quick mix of soft-pearled barley, sweet potato, ginger, and apple sauce spiced with a pinch of nutmeg and cinnamon powders.



Spinach barley arancini

A baked barley ball made with a mix of cooked barley, eggs, blanched spinach, grated cheese, and bread crumbs seasoned with oregano and pepper.

