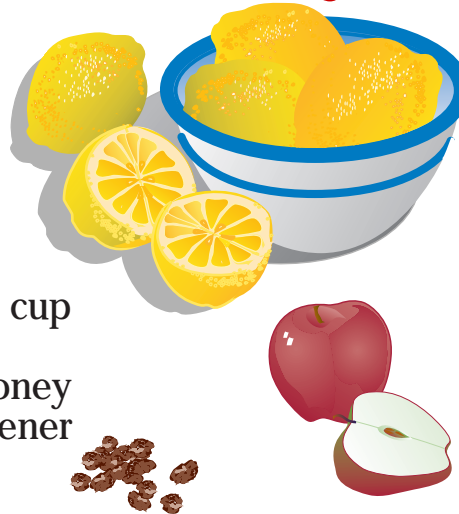


Spicy Fruited Barley

Ingredients:

- 1/4 cup quick-cooking barley
- 1 1/4 cups water
- Dash ground cloves
- 1/8 teaspoon ginger
- 1/2 cup raisins
- 1/2 cup mixed dried fruits or any combination of dried fruits to equal 1 cup
- 1/2 tablespoon lemon juice
- 1 to 2 tablespoons brown sugar or honey (optional); may use substitute sweetener



Preparation:

1. Combine all ingredients in a saucepan and simmer until the fruit is soft and the water is absorbed, approximately 15 to 20 minutes.
2. Refrigerate in a covered dish to allow the flavors to blend (1 hour).

Makes four 1/2 cup servings

Keeps well in the refrigerator for one to two weeks.

*Vitamin A content (beta-carotene) will depend upon the fruits used. Apricots and peaches are the best sources of vitamin A.

Amount Per Serving	
Calories 145	Calories from Fat 0
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 36g	12%
Dietary Fiber 4g	16%
Sugars 23g	
Protein 2g	
Vitamin A 8%	• Vitamin C 4%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	