

HOW TO Cook Barley Flakes

A super grain, barley is high in fiber, has a low glycemic index, and versatile in any dish.

Barley flakes, similar to rolled oats, is barley with all the heart healthy goodness just packed in an easy to use and convenient form.



STOVETOP



1. Bring 2 cups of water to boil



2. Add 1 cup of barley flakes



3. Simmer for 5-10 minutes until tender

MICROWAVE



1. Add 1 cup water and 1/2 cup barley flakes to microwave safe bowl



2. Cook on High for 3-3 1/2 minutes or until tender



3. Stir and enjoy!



For every cup of barley flakes, use 2 cups of water



1 cup dry = 3 cups cooked

Are Barley Flakes a Whole Grain?

Barley flakes can be a whole grain if they are the rolled form of hullless or hulled barley. If they are rolled pearl or pot barley, they are not a whole grain.

Looking for whole grains? Make sure they are “Hullless Barley Flakes” or “Hulled Barley Flakes”.



For more information and recipes, visit eatbarley.com
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