**Barley Porridge**

2 cups cooked barley \* *Optional Ingredients: walnuts, heavy cream, fresh fruit*

1/2 cup milk

2 teaspoons brown sugar

1/4 teaspoon cinnamon

Combine barley, milk, brown sugar, and cinnamon in a medium saucepan over medium heat. Cook, stirring occasionally, until milk has almost been all absorbed, about 15 minutes. Divide barley between two bowls. Top with chopped walnuts, a generous drizzle of heavy cream, and chopped fresh fruit if desired.

\* To cook barley, combine 1 cup pearled barley with 3 cups water and 1/2 teaspoon salt. Bring to a boil then reduce heat and simmer until barley is tender, about 40 minutes. Drain

**Chocolate Barley Cake**

<https://www.yummly.com/recipe/Chocolate-Barley-Snack-Cake-1596456#print>

<http://www.dinnerwithjulie.com/2013/10/20/chocolate-barley-snack-cake/?utm_campaign=yummly&utm_medium=yummly&utm_source=yummly>

**Mushroom Barley Risotto**

<http://www.foodnetwork.com/recipes/food-network-kitchen/slow-cooker-mushroom-barley-risotto-recipe-2112040>