Apple-Blueberry Barley A’la Mode

Serving Size: Heaping 3/4 cup Barley Apple Mixture with 3/4 cup Yogurt
Number of Servings: 6

Ingredients
- 1/4 cup Frozen Blueberries
- 1/4 cup Apples, peeled and sliced
- 1 1/2 cup Water
- 1/4 cup Dry Barley
- 1/4 cup 1% Milk
- 1/4 cup Liquid Eggs
- 3 T Brown Sugar, packed
- 3/4 t Baking Powder
- 1 1/2 t Vanilla Extract
- 1 t Cinnamon
- dash Salt
- 1 1/2 cup Low-Fat Vanilla Yogurt

Directions
Preheat oven to 400°F.

Prepare Ingredients
Thaw blueberries. Peel and slice apples.

Prepare Barley
Mix water with barley in a small glass baking dish and cover tightly with foil. Bake for 30-40 minutes. Remove from oven and let cool for 20 minutes.

Mix Baking Ingredients
In a bowl: mix milk, eggs, brown sugar, baking powder, vanilla, cinnamon, and salt. Whisk until well mixed.

Prepare Dish
Add baking ingredient mixture to cooked barley and mix well. Add in apples and thawed blueberries, mix well. Cover tightly and bake for 30 minutes.

Serve Dish
Serve 3/4 cup warm barley apple mixture and top with 3/4 cup vanilla yogurt.

Chef Tips
Thawing the blueberries before mixing into the barley mixture will give this dish a beautiful color. It is a good idea to cool the barley for 20 minutes before tossing with the egg mixture. If the barley is too hot, it will cook the egg mixture before it has a chance to get mixed into the barley dish. Getting the egg mixed into the dish well before baking helps the dish to bind together during baking.