



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Barley Apple Pudding

1 cup chunky applesauce
2 cups cooked Arrowhead Mills Barley or any cooked barley
2 eggs
¼ cup honey
¾ cup raisins
½ tsp. grated nutmeg
½ tsp. ground cinnamon
Juice of 1 lemon or 1 T. Lemon Juice

Stir apples, barley, lemon juice, raisins and honey together in large bowl.
Add spices. Separate eggs, beat yolks until creamy; stir into mixture. Beat whites until stiff; fold in.
Turn pudding into greased 1 qt. baking dish.
Bake
at 350 degrees for 35-40 minutes.

Hint- To cook barley, use 3 cups water to 1 cup barley. Bring to a boil and reduce heat. Cover and simmer for 1 hour.

Makes 4-5 servings.