



## Barley Porridge ( OP I )

Serving: 1

Veg

### *Ingredients*

- -2 tbsp Barley rava
- - $\frac{1}{2}$  cup Water( as required )
- - $\frac{1}{2}$  cup Milk( as required )
- -Salt / sugar (as per need)

### *Preparation Method*

- -Soak the barley in  $\frac{3}{4}$  cup water for 30-40 mins hour.
- -Add the soaked barley to the boiling water and cook on medium heat for 10-12mins minutes or until the barley is soft.
- -Remove the pot from the heat and sweeten with sugar or add salt and milk . serve