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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