



Barley and Apple Breakfast Bake

MyPlate2Yours - Lynn Dugan

Ingredients

2 cups quick barley, uncooked (I found a Quaker Oats brand)
2 cups skim milk
1 banana, mashed
1 large apple, diced (I did not peel the apple, but peeling is fine)
2 eggs, slightly beaten
1/4 cup honey
1/2 cup yellow raisins
1/2 teaspoon nutmeg
1/4 teaspoon ground cinnamon

Directions

Preheat oven to 350°F. Mix barley and milk in a large bowl. Prep apples and banana and add to bowl. Stir in eggs, honey, raisins, nutmeg and cinnamon. Pour mixture into a lightly greased 9×13 baking dish (I sprayed it with Pam). Place in the oven for 30 minutes. Serve with warm with yogurt. Enjoy!