

Barley Breakfast Cookies

Easy-to-use precooked pearled barley flakes bump up nutritional value

Ingredients	Volume	Grams	Percent
Butter, Softened	1 cup	225	18
Light Brown Sugar, Packed	1 cup	180	14
Sugar	1/2 cup	100	8
Eggs	2 large	100	8
All Purpose Flour	1 cup	150	12
Whole Wheat Flour	1/2 cup	70	6
Baking Soda	1 tsp	6	<1
Fresh Ground Cinnamon	1 tsp	3	<1
Vanilla	1 tsp	6	<1
Salt	1/2 tsp	4	<1
Insta Grains® Pearled Barley Flakes	2 cups	200	16
Insta Grains® Oat Flakes	1/2 cup	40	3
Dried Apricots, Chopped	3/4 cup	75	6
Dried Blueberries	3/4 cup	110	9

(Or substitute with the dried fruits of your choice)



Method

1. Preheat oven to 350°F.
2. Cream the butter and sugars in a large bowl.
3. On low speed, mix in one egg at a time.
4. Blend in dry ingredients until just moistened.
5. Stir in flakes and dried fruit.
6. Drop by tablespoon (approximately 30 grams) on ungreased cookie sheet.
7. Bake for 14-15 minutes. Cool on wire rack.

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