

Strawberry Barley Pudding

2 cups strawberries

2 cups low-heated barley

1/2 cup raw honey

1/2 tsp almond extract

Add these ingredients to a blender and puree then set aside.

2 cups strawberries (sliced, halved or cut up)

1/2 cup raw honey

2 Tbsp arrowroot

1/2 tsp almond extract

Combine these ingredients in the top of a double boiler. Heat to 130 degrees and maintain heat for 30 minutes. Remove from heat and add barley mixture from blender.

Place in refrigerator and chill thoroughly. Just before serving top with coconut chips and garnish with fresh strawberry halves.

Recipe by Deborah A. Toczek