

BarleyGold Recipes



Apple pie smoothie

- 1 Large- apple peeled and sliced
- 1 Tablespoon ground cinnamon
- 2 Tablespoons- BarleyGold
- 2 Tablespoons- LignanGold
- 2 Squirts- Orange flavored stevia drops
- ¼ Cup - water

Blend in a Magic Bullet or blender.

OPTIONAL: freeze apple slices for a quick after school frosty snack.

Peanut butter barley bars

Use Organic and Raw ingredients

- ¼ Cup of oatmeal (not instant)
- 2 Tablespoons of pumpkin seeds
- 2 Tablespoons of unsalted sunflower seeds
- ¼ Cup of sweetened cranberries
- ½ Teaspoon of ground cinnamon
- ¼ Cup of chopped almonds (banana chips substitute if nut allergy or for a crunchy feel)
- ¼ Cup of coarsely ground flax seed
- 6 Tablespoons of BarleyGold 1 or 2
- ¼ Cup of carob chips
- 2 Tablespoons of brown rice syrup
- 2 Tablespoons of agave nectar
- 1 Tablespoon of maple syrup
- 1 Tablespoon of peanut butter (or pumpkin butter substitute for nut allergies)

1. Mix ingredients together.
2. Grease 1 mini muffin pan (serves 20) with sun flower oil, spoon in the ingredients and then press down into bars.
3. Cover with saran wrap, press bars down again, and then place in freezer.
4. Serve cold for cohesiveness.

Cinnamon & raisin crock pot porridge

Night before consumption, prepare:

- 1 Cup of regular organic oats
- 2 Cups of purified water
- ½ Teaspoon of sea salt
- 2 Teaspoons of ground cinnamon
- ¼ Cup of raisins
- ¼ Cup of maple syrup
- 2 Tablespoons of BarleyGold per bowl

1. Stir into crockpot the night before.
2. Turn on Low before going to bed.
3. In the morning stir porridge
4. Dish into bowls allowing porridge to cool with desired milk, and dressings.
5. After cooled, add BarleyGold.

If consistency of the porridge is too thick after checking the crockpot 20 minutes after mixing, add another ½ cup of water.

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Liver toxin breakdown smoothie

To assist your liver with breaking down toxins efficiently, daily juice the below ingredients:

- 1 Beet
- 1 Lemon
- ½ Cucumber
- 1 Clove of garlic

This should make 1 medium glass of juice. Then stir 1 tablespoon of virgin pressed olive oil with a non-metal utensil.

Drink within 10 minutes of juicing.

Liver cleanse smoothie

Delicious smoothie to clean out your liver / bowels.

- 2 Oranges
- Purified water ice
- Clove of garlic
- Stevia or agave nectar (Optional and to personal taste)
- 2 Tablespoons of Barley Gold
- Equal part of ginger
- Stir in 2 tablespoons of olive oil

Blend and enjoy

Raw Cocoa balls

- 1 Tablespoon ground coconut meal
- ½ Cup + 2 tablespoons oatmeal
- 2 Tablespoons cocoa powder
- 2 Tablespoons raw sesame Tahini butter
- 2 Tablespoons brown rice syrup or honey
- 3 Tablespoons agave nectar
- 3 Tablespoons crushed pecans
- 4 Tablespoons BarleyGold 1 or 2
- ¾ Tablespoon vanilla
- ¼ Tablespoon - sea salt

Mix together in a bowl. Form into twelve balls. (approx. 1/3 tablespoon BarleyGold per ball)

OPTIONAL:

- Roll into shredded coconut or puffed rice.
- Add dry fruit – raisins, cranberries, ect.
- Place onto a coconut-oiled tray and freeze or chill, as desired.

Guacamole Barley dip

- 2 Avocados
- 1 Lime
- 1 Tomato
- 1 Garlic clove pressed
- 3 Tablespoons - Guacamole Epicure Mix
- Or Onion spice, garlic spice, red bell pepper spice, and sea salt to taste.
- 2 Tablespoons - BarleyGold

Mix in a bowl and serve with Organic Tortilla Chips.