

Lemon Barley Water Recipe

Total:20 mins Prep:5 mins Cook:15 mins Yield:5 to 6 cups (5-6 servings)

Lemon barley water is an old-fashioned tonic that was given to the weak as an alternative source of nourishment.

As a child, my mother would be served breakfast in bed when she was under the weather. On her breakfast tray, would be a vase with a fresh rose in it, a boiled egg and Vegemite toast and a bottle of lemon barley water to help buoy her spirits.

Some people use sugar in their recipes, but try honey for a more intense flavour. If you have any ginger handy, finely grate about 1 tablespoon of it and boil it with the barley for a gingery kick.

Pearl barley or pearled barley is the variety best suited for this recipe. Pearled barley just means that the bran has been removed through a polishing process and has been steam treated for quicker cooking.

What You'll Need

pearl barley	1/4 cup	2 Tb spoon
Soak time		4 hrs
lemons (zested and juiced)	2	
water	6 cups	3 cups
honey	1/2 cup	

How to Make It

1. Place the barley in a sieve and rinse under cold water until water runs clear.
2. Place barley in a 2-quart saucepan with grated lemon zest and 6 cups of water.
3. Bring to a boil over medium heat. Once boiling, reduce heat and simmer for 10 minutes.
4. Then strain mixture into a heatproof bowl. Discard the barley.
5. Add honey to bowl and stir to dissolve.
6. Stir in lemon juice and then let the mixture cool to room temperature.

1. Pour into bottles and refrigerate until chilled.
2. Serve and enjoy!

Why Barley Water Is Touted to Be Good for You

Barley is loaded with B and E vitamins, antioxidants and 8 g fiber per 1/4 cup raw.

Nutritional Guidelines (per serving)

148 Calories
0g Fat
38g Carbs
2g Protein