

Barley Cookies

Ingredients:

½ cup butter

½ cup brown sugar

1 tsp vanilla

¾ cup rolled barley

½ tsp baking powder

1 ¼ cup crasins (can substitute chocolate chips)

½ c sugar

1 egg

1 ¼ cup barley flour

¼ tsp salt

1 tsp cinnamon

Instructions:

Mix butter and sugars in a bowl. Add the egg and vanilla, stirring well. Mix in flour, baking powder, salt, and cinnamon. Add oats and crasins (or chocolate chips); stir until dough is well mixed. Refrigerate 30 minutes. Roll dough into balls about 1 ½ inches wide and press down to flatten slightly. Bake for 9-11 minutes

Servings: 12 Serving Size: 1 cookie

Calories: 257 Sodium: 149 mg Fat: 8 g Fiber: 3 g