

## [HEALTHY GRAIN RECIPES](#)



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Barley is a nutritious and hearty whole grain that is inexpensive to prepare. Our healthy recipes for barley risotto, barley salad and barley soup are loaded with fiber and easy to cook. Try our Barley Hoppin John tonight for a quick Southern-inspired meal or Cream of Mushroom & Barley Soup for a satisfying whole-grain supper.

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### **Whole Grain Recipes Allrecipes.com**

This is a nice soup recipe with a lot of texture and flavor. It is a welcome change for those weeks when there doesn't seem to be a lot of variety and all 3 of my kids even loved it. This can also be cooked in a pan on the stove until the barley and carrot are tender, but I prefer the slow cooker method. The flavors seem to blend better.

<http://ebookslibrary.club/Whole-Grain-Recipes-Allrecipes-com.pdf>

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Within this section you will find some simple, healthy, wholesome tips on eating well, including grain-based recipes fit for you and your family!

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### **11 Healthy Whole Grain Breakfast Recipes Daily Burn**

This recipe calls for heavy cream, but we suggest swapping in coconut milk for a bit of extra flavor, and to make it dairy-free. Photo and Recipe: Erin / Naturally Ella. 2. Freekeh Breakfast Bowl This morning treat is like steel-cut oats, but even better.

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