

Simple Hearty Winter Breakfast – Crockpot Barley and Apple

I admit to being a morning person. There is something about early mornings, the slanting light of the sunrise, and the feeling of optimism. Well, OK, not every day is like that, there are mornings where all I want is to pull the covers over my head and enjoy more blissful sleep.

But if I'm going to drag myself from bed, especially on a cold and dark winter morning, wouldn't it be nice to rise to the smell of apples and cinnamon? Entering the kitchen with a wholesome, healthy, tasty meal all ready to warm and energize you for the day ahead?

This might be the recipe for you. Simply toss everything into the Crockpot the night before and wake up to the delicious aroma of cinnamon and nutmeg.

Crockpot Barley and Apple Breakfast

Ingredients:

- 2 cups barley
- 2 teaspoons salt
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- ¼ teaspoon cardamom (optional)
- 10 cups water
- 1 ½ cup raisins
- 2 apples or pears, cored, peeled and chopped

Directions:

Place all the ingredients in the Crockpot and cook on low for about 8 hours. I like to add nuts and milk to top mine off.

