

Nordic Porridge

Total: 25 min. Active: 15 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 360. Total Fat: 14g. Carbs: 46g. Protein: 12g.

Ingredients

Barley Porridge:

- 2 1/2 cups whole milk
- 1 cup barley flakes
- 2 tbsp light brown sugar
- 1 tbsp unsalted butter
- Kosher salt

Toppings:

- 1 pint raspberries
- 1/2 Granny Smith apple, cut into little sticks
- 2 tbsp chopped roasted pistachios
- 2 tsp chia seeds, covered in 1 tbsp water

Directions

For the barley porridge: Gently bring the milk and barley flakes to a boil over medium heat in a medium saucepan. Reduce the heat to a simmer, then cover and cook until the milk is almost absorbed and the barley is super soft and still a bit creamy, about 15 minutes. Stir in the sugar, butter and 1/2 teaspoon salt.

For the toppings: Meanwhile, roughly smash the raspberries with the sugar in a small bowl with a fork.

Divide the porridge among 4 bowls. Working around the edges of the bowls, make neat piles of the toppings, placing a quarter of the crushed raspberries, apple sticks, pistachios and chia seeds in each bowl. Sprinkle cinnamon, if desired.

