



Barley Fruit Salad



SERVINGS

4



COOKING TIME

0 min

Barley Fruit Salad adds a yummy twist to a simple fruit salad or just plain fruit. With ingredients like barley, syrup, lemon juice, and lemon peel, this recipe adds both sweet, fresh, and zesty flavors to the fruit salad for a side dish that is a bit more unique.

Ingredients

- 1 ½ cups [Quaker® - Medium Barley](#)
- 1 medium apple, chopped
- 1 cup strawberry halves
- 1 medium banana, sliced
- 1/2 cup seedless grapes
- 1/2 small cantaloupe cut into chunks (optional)
- 1/4 cup Pearl Milling Lite Syrup
- 1/4 cup lemon juice
- 1 tsp grated lemon peel

Cooking Instructions

1. In large bowl, combine barley and fruit.
2. Add combined syrup, lemon juice and lemon peel; toss gently.
3. Cover; chill several hours or overnight.
4. Recipe can be doubled if desired.