

# Barley Fruit Salad

## 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 Lite Syrup
- 1/4 cup lemon juice
- 1 tsp grated lemon peel

## How to make it

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.



PREP  
TIME  
10 min



COOK  
TIME  
0 min



TOTAL  
TIME  
10 min



SERVINGS  
4

## Made with



Quaker® - Medium Barley