



Grandma's Barley Apples

1 lb pearly barley
7 apples, cut into sixths* (peel all if they aren't organic, peel about 1/2 if they are)
3/4 cup sugar (or sweetener of choice, but if you go rogue you'll have to experiment)
1/2 cup corn, rice, or date syrup (Dutch grandmas use corn syrup)
6 Tbs vegan butter
2 tsp cinnamon
5 cups water
1 tsp salt

Add all ingredients to pot and cover. Cook over medium-low heat until water is absorbed and apples are soft. Stir occasionally.

*Gala, granny smith, or golden delicious are good options. Stay away from Red Delicious or other firm apples.