

Barley apples

1 cup pearl barley
2 cups apple cider
1 1/2 cups water
1 cinnamon stick
4-5 medium apples, peeled and chopped
1 tablespoon vegan butter
Brown sugar, to taste

In a large pot, combine the barley, apple cider, water, and cinnamon stick. Bring to a boil, then simmer uncovered until most of the liquid is absorbed, about 25 minutes. Fold in the chopped apples, cover, and cook until the apples are tender, then stir in the butter and brown sugar.