



Treat Time

Approximate Time: 3 hours

Prep Time: 2 hours

Cook Time: 10-15 minutes

“Barley Loaves”

- 1 envelope yeast
- 1 egg, beaten
- 1/2 cup lukewarm water
- 2 Tbs. olive oil or butter
- 2 Tbs. honey
- 2 cups barley flour (freshly ground if possible)
- 1/2 tsp. salt



Preheat oven to 400°F. Dissolve yeast in lukewarm water with honey. Add salt, egg and oil or butter. Stir in flour. Knead on a floured surface for two-three minutes. Place dough in greased bowl and cover with a fresh towel. Let it stand in a warm place for 1-1/2 hours. The dough will rise slightly. Turn out the dough and knead for an additional 2-3 minutes. Let children help shape dough into 5 small loaves. Place on a lightly greased baking sheet, cover and let stand for 1 hour. Bake for 10 to 15 minutes or until golden brown. Turn out on a cooling rack and wrap in a fresh towel for 5 minutes.

Treat Time: Slice and serve warm with honey-butter or your favorite spread.

“Barley grain, out of the dark earth pushing towards the light, brings its fruit to maturity, so it is also with the love of God, which shall lift and guide material man out of his dark passions towards the higher moral light.” *Gottfried Mayerhofer, Amalux® Quality Products © 2005*

Closing Prayer and blessing on the food.