



Refreshing Lemon Barley Water

A thirsty quenching summer drink

Ingredients

60g pearl barley

3 teaspoons sugar

peel of ½ lemon

600ml boiling water

Method

Place barley in a small saucepan and cover with cold water. Bring to a boil and boil for about 3 minutes. Strain barley and put in a jug with sugar, lemon peel and boiling water.

Cover and let stand until cool, then strain.

An old-fashioned drink that was traditionally given to children.

