

# Overnight Honey-Almond Multigrain Cereal

**Serving size:** 3/4 cup, makes 3 servings

**Prep time:** 5 minutes

**Total time:** 10 minutes (not including sitting time)

## Ingredients

- 1/3 cup steel-cut oats
- 2 Tbsps uncooked pearl barley
- 1 1/4 cups water
- 1/8 tsp salt
- 1/4 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1 Tbsp sliced almonds, toasted
- 1 Tbsp honey



## Preparation

1. Combine oats, barley, and 1 1/4 cups water in a microwave-safe 4-cup bowl. Cover and refrigerate 4 hours or overnight.
2. Uncover bowl, and stir in salt. Microwave, uncovered, at HIGH for 6 minutes or until most of liquid is absorbed, let sit for a few minutes, then stir in 1/4 tsp cinnamon and nutmeg. Top with almonds and honey.

## Nutritional Information

### Per serving (without toppings)

Calories: 149, Total Fat: 4g, Saturated Fat: 0g, Cholesterol: 0mg

Total Carbohydrate: 25g, Dietary Fiber: 4g, Sugar: 6g

Protein: 5g, Sodium: 34g, Potassium: 139mg

*Adjusted from:* <http://www.myrecipes.com>