

How to cook Snappy Grains in 10 mins.



Cooking with Snappy Grains quick-cooking barley is as easy as 1, 2, 3

Stovetop Cooking

1. Boil: Bring 1½ cups of water to a boil (stock or juice can also be used, depending on your recipe). Add 1 cup of Snappy Grains to the boiling water. Stir in to evenly distribute.

2. Stir: Cover and simmer for 10 minutes, stirring occasionally. 10 minutes gives you an al dente barley. Want it softer? Cook for an additional 2 to 3 minutes.

3. Enjoy: Remove from heat until ready to serve. Your Snappy Grains barley is ready to serve or incorporate into your recipe!

Rice Cooker Method

1. Boil: Add 1 cup Snappy Grains plus 1½ cups of water, stock or juice to the rice cooker. Using the 'quick cook' option, set the rice cooker to run.

2. Stir: Skip this step. No stirring required! (How easy is that?)

3. Enjoy: Once done, turn the rice cooker to 'keep warm' or unplug. Your Snappy Grains barley can stay warm in the rice cooker until you are ready to serve or incorporate it into your recipe!

Microwave Cooking

1. Boil: Mix together 1 cup of Snappy Grains and 1½ cups of water, stock or juice in a microwave-safe container. Microwave on high heat for 2 minutes, or until the liquid is boiling.

2. Stir: Stir, and microwave on low heat for 8 minutes

3. Enjoy: Remove from microwave, stir and cover for 2 minutes. Your Snappy Grains barley is ready to serve or incorporate into your recipe!