



Chocolate Barley Cake

Ingredients:

3 cups Fieldstone Organics ground whole barley flour

2 cups sugar

2 eggs

2 tsp vanilla extract

2/3 cup oil

2/3 cup cocoa

2 tsp baking powder

2 tsp baking soda

1 tsp sea salt

2 cups boiling water

Procedure:

In a large bowl, beat eggs, vanilla and oil for 4 minutes. In a separate bowl sift flour, baking powder, baking soda and salt. Stir dry ingredients into liquid mixture alternately with boiling water, starting and ending with dry ingredients. Beat until smooth. Pour into a greased 9"x13" pan, bake at 350 for 45 minutes or until center springs back when lightly touched. Cool and frost with your favourite icing.

