

## **Barley Water**

This is a simple beverage which aids digestion. It also decongests the lungs and serves as a diuretic. In many Asian regions it is a popular beverage which may be consumed hot or cold. This recipe was taken from Daniel Reid's book, *Guarding the Three Treasures, The Chinese Way of Health*. It can be found on p. 431.

2-3 cups barley  
2 cups water

Put barley and water in a pot, bring to boil. Reduce heat to low and simmer for about one hour. Strain in to a cup and serve hot or allow to cool.

Makes about 1 cup.