Peach, Tahini and Yogurt Overnight Barley

2 bowls, each with half the barley-yogurt mixture and 1 peach | Active 15 min | Cook 0 min | Total 495 min

Ingredients

- 1 generous cup cooked pearled barley, drained and cold (200 g)
- 1 1/4 cups plain 2% Greek yogurt (300 g)
- 1/2 cup 2% milk (120 ml)
- 2 tablespoons well-stirred tahini (30 g), divided: 24 g for the mixture and 6 g for serving
- 2 teaspoons honey (14 g)
- 1/2 teaspoon vanilla extract (2 ml)
- 1/4 teaspoon ground cinnamon (0.7 g)
- 2 medium peaches, pitted and sliced (300 g prepared fruit)

Set out

2 lidded breakfast containers, Mixing bowl, Kitchen scale, Small whisk

Allergens

Milk, Sesame, Barley (gluten). Check labels and substitutions.

A useful detail

The stated total includes an 8-hour refrigerator rest and assumes cooked, cold barley is ready. A same-day version can be mixed and eaten immediately with cold cooked barley; it will be looser and the grains more distinct.

Make it

1. Check that the cooked barley is cold. Whisk yogurt, milk, 24 g of the tahini, honey, vanilla and cinnamon in a bowl until the tahini is evenly incorporated.

2. Stir in the barley and divide equally between two lidded containers. Refrigerate at 40°F/4°C or below for at least 8 hours.

3. Before serving, slice the peaches using a clean board and knife. Stir each barley portion; divide the peach slices between the two bowls, arranging a few on top. Drizzle 3 g of the reserved tahini over each bowl and serve cold.

Estimated nutrition per serving

Calories: 435 kcal | Protein: 23.1 g | Carbohydrate: 60.7 g | Fat: 13.0 g | Fiber: 7.6 g. One of 2 servings. Batch yield: 2 bowls, each with half the barley-yogurt mixture and 1 peach. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Use an evening grain pot efficiently

When barley is on the dinner plan, reserve the measured portion before adding a savory sauce. Cool that portion promptly for breakfast. This turns an existing cooking job into another meal without asking you to simmer grain after a late training session or before leaving in the morning.

Another way

Use 300 g pitted nectarines or diced ripe pear instead of peaches.

Replace barley with 200 g cooked and chilled farro; keep the same yogurt mixture, but note that the grain texture and nutrition will change.

Keep it well

Use barley cooked within the previous day for this overnight preparation, and eat the assembled mixture within 2 days. Keep at 40°F/4°C or below. Cooked barley must have been refrigerated in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Transport breakfast with two cold sources and add freshly cut fruit when practical.