

Barley Coffee Cake

Ingredients

- 1 cup barley flour
- 1 cup whole wheat flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ½ cup coconut sugar or brown sugar
- ¼ cup olive oil
- 2 eggs
- 1 cup plain Greek yogurt
- 1 tsp vanilla extract
- ½ cup chopped pecans

Instructions

1. Preheat Oven: 350°F (175°C). Grease an 8-inch square pan.
2. Mix Dry Ingredients: Combine flours, baking powder, baking soda, salt, cinnamon, and sugar.

3. Mix Wet Ingredients: In another bowl, whisk oil, eggs, yogurt, and vanilla.
4. Combine: Stir wet into dry until smooth. Fold in pecans.
5. Bake: Pour batter into pan, bake 30–35 minutes until toothpick comes out clean.
6. Cool & Serve: Best enjoyed warm or at room temperature.

Why This Helps Blood Sugar

Barley contains beta-glucan, which significantly reduces post-meal blood glucose and improves insulin response. Greek yogurt adds protein to stabilize energy.