

Barley Salad

1 ½ to 2 cups pot barley,
1 - 8 ounce package Philadelphia cream cheese,
1 pkg of instant vanilla pudding,
1 – 19 oz can crushed pineapple with juice,
1 19 ounce can chunked pineapple drained,
1 ½ c whipping cream or Nutriwhip.

Method:

Cook the barley until tender stirring occasionally.
Drain and chill.

Beat the cream cheese and pudding powder. Add
crushed pineapple.

Whip the cream and add 1 tblsp icing sugar and 1
tsp vanilla or use Nutriwhip according to
directions.

Add the cream mix to the first mix. Fold in
chunked pineapple and barley. Decorate with Kiwi
fruit and cherries.