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cups (180 g) barley  
flour. 2 teaspoons  
baking powder. 1/2  
teaspoon sea salt.  
1/4 teaspoon  
baking soda. 1  
medium grapefruit.  
6 tablespoons (85  
g) cold butter, cut

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into pieces. 1 large  
egg, separated. 1/4  
cup (60 ml) whole  
milk. 3 tablespoons  
(60 g) honey,  
divided.

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or heat-proof bowl  
set over a pot of  
simmering water,  
melt the butter and  
chocolate chips  
together. Remove  
from the heat and  
let cool slightly. In  
a separate bowl,  
whisk together the  
eggs, yogurt, and

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butter mixture and  
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