

Native American No-Fry Bread

Prep Time: 30 Minutes

Total Time: 1 Hour



Ingredients

- 2 cups whole-wheat flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 3/4 cup warm water

Nutrition Facts

6 servings per container	
Serving size	(46g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 29g	11%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 149mg	10%
Iron 2mg	10%
Potassium 146mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Wash hands.
- In a medium mixing bowl combine flour, baking powder, and salt. Gradually stir in water until dough becomes soft and pliable without sticking to the bowl.
- Knead the dough on a lightly floured cutting board or surface for 4 minutes, folding the outer edges of the dough toward the center.
- Return the dough to the bowl, cover with a clean damp towel or plastic wrap, and let rest for at least 30 minutes to allow it to rise.
- Shape the dough into small balls (the size of a ping pong ball, about 1 1/2 inches in diameter) and roll out to 1/4 inch thickness on a lightly floured surface, using a rolling pin or your hands. Stretch or roll the dough out so it is approximately 8 inches in diameter.
- Heat a skillet until very hot. Place your shaped dough circle onto the hot skillet and let it cook on one side for approximately 1 minute until it puffs up and browns.
- Using tongs or a spatula, turn the bread over and cook about another minute, or until the bread puffs. Watch closely so it does not burn. Repeat this process with each piece of dough.
- Keep bread warm until serving between two clean kitchen towels, in a basket, if available.

Quick Tips

- This No-Fry Bread can accompany a meal, be eaten alone or served with additional toppings. Try making it with your family!
- Try this bread with a hearty soup or stew, like our Venison Chili.

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