

# Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton

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## Indian Fry Bread

### **Mix together:**

4 C flour (half white)  
1/2 C non instant powdered milk  
2 tsp baking powder  
2 tsp sugar

### **Add:**

1 1/2 C very hot water  
(Add more water if necessary to make a pliable dough)

Quickly work ingredients together and knead for a few minutes. Take pieces from ball of dough, pull and stretch with hands into a circle of about 6-8 inches. (or roll out on oiled counter and cut into desired shapes).

Fry in hot oil. Top with chili or refried beans, grated cheese, green onions, lettuce, thawed and slightly steamed green peas, cooked garbanzo beans, olives etc., with a drizzle of Ranch-type dressing on top.