

Indian Frybread

I found this recipe on facebook and just had to try it. This is a wonderful bread that can be used as a dessert by topping with honey, powdered sugar, etc. or can be used for main dishes such as topping with taco ingredients for an "Indian Taco". My family loved it.

Ingredients

- 4 c flour
- 1 Tbsp baking powder
- 1 tsp salt
- 2 Tbsp powdered milk
- 1 1/2 c warm water
- 1 c shortening
- extra flour to flour your hands

Directions

1. Place flour in large bowl. Add baking powder, salt, and powdered milk. Mix thoroughly. Mix in warm water to form dough.
2. Cover hands with flour. Knead dough until soft but not sticky. Cover with cloth and let stand for 15 minutes.
3. Shape dough into balls about 2 inches across then flatten by patting and stretching the dough.
4. Melt shortening in fry pan about an inch deep. When hot put dough in the pan. Fry one side until golden brown and then turn and fry the other side.
5. Remove bread and place on rack to cool.

NOTE :

" Please note that some meals are better to be prepared every once in a while because of some ingredients like **meat, cheese,**

lot of sugar, fats..etc.

Having meals with these ingredients all the time may damage your health. ”

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