

American Indian Snacks

Navajo Frybread

3 cups Flour
1 tsp. Salt
1 tbs. Baking Powder

1 1/2 cup water
1 tbs. Shortening (cut in)



Mix ingredients and let sit for 10-15 minutes.

Break off a ball of dough about golf ball size and pat out no thicker than 1/4 inch. (In some tribal traditions a hole is always made in the center which has spiritual significance)

Fry in deep hot oil to a light golden brown, turn once to brown both sides. (Oil is hot enough if a small test piece of dough dropped in the oil begins cooking almost immediately and rises to the top.) Drain bread well and pat with paper towel to remove excess oil. Keep covered in a bowl while cooking to keep bread warm.

Serving - Usually eaten like bread with soup, stew or posole

Variations - Eat with honey, powdered sugar, cinnamon.



American Indian Snack - Make your own

Grains and berries are important in many tribes

Select from the following list to make American Indian "Gorp."

Dried cranberries

Raisins

Any dried fruit

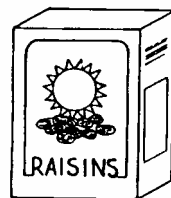
Corn nuts

Roasted soybeans

Wheat berries

Pumpkin seeds -

Etc.



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.