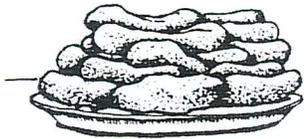


This griddle fry bread is low fat and tasty



Griddle fry bread

makes 8 servings

You need

2 cups flour
1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
1 teaspoon sugar
2 tablespoons nonfat dry milk
1 tablespoon oil
 $\frac{3}{4}$ cup **plus** 2 tablespoons warm water

To make

Mix the dry foods.

Add water and oil. Stir until soft dough forms.

Form the dough into 8 balls.

Flatten each ball to $\frac{1}{4}$ inch thick and 4 to 5 inches across

Spray griddle or skillet with no-stick cooking spray or wipe lightly with oil.

Preheat on medium heat, 350 degrees. If using electric griddle or skillet.

Cook breads on hot griddle until lightly browned.

Turn and brown other side. Serve.

Try using part whole wheat fiber to increase fiber!

One griddle bread

246 calories

2 grams fat

14% of calories from fat
