

Whole Wheat Fry Bread

Recipe adapted from *What's Cooking, Healthy in Warm Springs*, Sara Lee Thomas, MS, RD and Edison Yazzie

Prep Time: 10 minutes

Cook time: 15 minutes

Serves: 8 small fry breads, 8 serving

Ingredients:

- 2 cups whole wheat flour
- 1 cup white flour
- 3 tablespoons powdered milk
- 1 tablespoon baking powder
- 1 teaspoon salt (optional)
- 1 1/2 cups warm water
- canola oil for frying



The whole wheat fry bread in this photo was made by Julie Jojola, IHS DDTP staff. She noted that, by using canola oil instead of other oil, there was less odor while frying. The fry bread had a light, whole wheat taste.

Directions:

1. Mix dry ingredients in a bowl and gradually add water to make a dough.
2. Knead the dough until it forms a ball and comes clean from the edge of bowl.
3. Cover with a cloth and let it sit for 30 minutes.
4. Pour 3/4 inch of canola oil into a deep frying pan and heat on medium. You can test the temperature of the oil by putting a small pinch of dough into it. If the oil is ready, the dough will rise immediately to the top.
5. Divide the dough and knead into 8 round balls.
6. Roll the dough balls into flat circles, or pat them between your hands and stretch them out while turning them clockwise. Continue stretching until the dough is 1/4 to 1/2 inch thick. With a fork, poke a few holes in the flattened circles of dough.
7. Carefully slide each flattened dough into the hot oil to avoid splashes.
8. Slightly lift the fry bread pieces with a fork to check the bottoms. When they are brown, lift each fry bread and turn it over.
9. When both sides are brown, remove the fry breads from the pan and put them in a baking pan lined with paper towels to drain excess oil and cool.

Nutrition Information

Calories: 240, Total fat: 10g, Saturated fat: 1g, Sodium: 220-510mg, Carbohydrate: 35g, Fiber: 4g, Protein: 6g



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