

LAKOTA SKILLET BREAD (GABUBU BREAD)

INGREDIENTS

- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 Tablespoon canola oil
- 1/4 teaspoon sugar
- 1 1/2 cups 1% milk



DIRECTIONS

1. Mix all dry ingredients together.
2. Make a small well in flour mixture. Add milk and oil and mix slowly. More flour may need to be added to make dough easier to handle.
3. Separate dough into six balls.
4. Fry bread one piece at a time in a non-stick pan with canola oil. Flatten dough ball with hands and lay dough in a hot, greased pan.
5. Fry on low until golden brown. Flip dough and fry other side until golden brown, adding more canola oil as needed.

TIPS

- Grease hands with canola oil when handling dough to keep it from sticking to hands.



This recipe card has been developed as part of the Cheyenne River **Cooking for Health** (Wičhózaŋni Étkiya Lol'íwaǵ'aŋ) Project. For more diabetes-friendly recipes, visit www.mbiri.com/projects/cookingforhealth.



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