

Fry Bread - Whole Wheat

Serves 8, 1 small fry bread per 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

Nutrition Facts

Serving Size 1 piece (1g)
Servings Per Container 8

Amount Per Serving

Calories 240

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 42mg	14%
Sodium 365mg	15%
Total Carbohydrate 35g	12%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 6g	12%

*Percent Daily Values are based on a 2,000 calorie diet.



Reproduced by IHS Division of Diabetes
Treatment and Prevention, 6/2013.

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.



Chef's Notes

Use canola oil when making fry bread (instead of melting shortening) to lower exposure to harmful fats found in shortening. By using canola oil instead of shortening or other oils, there is less odor while frying. The fry bread has a light, whole wheat taste.