



**Recipe for Baked Indian Bread
(Monique Taylor E-mail: mtaylor@vnfc.ca)**

**Preheat oven 350 degrees; grease 8* 13 inch pan
Have water in a four-cup measure, put a handful of ice
to cool and set aside**

6 – 8 cups of flour

6 – 8 Tablespoons of baking powder

(Use equal amount of baking powder to flour)

**You can add sugar and salt to taste, I do not use
sugar or salt in my bread**

2 cups of powdered milk

Mix together with hands

**Add quarter cup – half a cup of canola oil, use hands
to mix until crumbly**

**Take ice out of water before adding to flour mixture,
add water to make mixture like a paste, but do not
over stir.**

Pour into well-greased pan

**Bake in preheated oven for approximately one hour or
until golden brown and toothpick comes out clean.**

**Variations: Sometimes I add oats or use half-whole
wheat flour.**

**My Granny Day George taught this recipe to me, she
calls it her Supalile, her Mothers recipe Sophie
Misheal**