

# Amish Friendship Bread

You are the happy recipient of an Amish "starter" for Amish Friendship Bread. Here's what you need to know about your starter:

Do not refrigerate starter. It is normal for the batter to rise and ferment. When air develops in the bag, let it out.

Day 1: Do Nothing	M	T	W	TH	F	S	S
Day 2: Mash the bag	M	T	W	TH	F	S	S
Day 3: Mash the bag	M	T	W	TH	F	S	S
Day 4: Mash the bag	M	T	W	TH	F	S	S
Day 5: Mash the Bag	M	T	W	TH	F	S	S
Day 6: Add to the bag; 1 C each flour, sugar & Milk, and then Mash the bag	M	T	W	TH	F	S	S
Day 7: Mash the bag	M	T	W	TH	F	S	S
Day 8: Mash the bag	M	T	W	TH	F	S	S
Day 9: Mash the bag	M	T	W	TH	F	S	S
Day 10: Follow the instructions below							

- 1 - Empty contents of entire bag into a non-metal bowl
- 2 - Add 1 ½ C each of flour, sugar and milk
- 3 - Measure out 1 cup each of batter and place it into 4, 1 gallon Ziploc bags.
- 4 - Keep one of the bags for yourself and give the others to 3 friends along with a copy of this recipe.

If you keep a starter for yourself you will be able to bake again in 10 days. Also, if this recipe is not passed on to a friend on the first day, make sure you tell them which day it is when you give it to them.

## BAKING INSTRUCTIONS:

Preheat oven to 325°

To the remaining batter add the following:

- 3 eggs
- 1 C oil or natural applesauce
- ½ C Milk (Almond, rice or soy works fine)
- 1 C sugar
- ½ t Vanilla

2 t cinnamon

1 ½ t Baking Powder

½ t Baking Soda

½ t Salt

2 C Flour

1-2 boxes instant pudding (any flavor) or ¾ C Nutritional yeast instead.

(OPTIONAL) 1 C chopped pecans or walnuts and 1 cup raisins

Grease either 2 large loaf pans or one round Bundt pan. In a separate bowl mix an additional ½ C sugar with 1 ½ t of cinnamon. Dust the greased pans with cinnamon/sugar mixture.

Pour batter evenly into pan/pans and sprinkle remaining cinnamon/sugar mixture on the top.

Bake one hour or until a knife or toothpick comes out clean after being inserted into the center.

### **Additional Recipes:**

**Chocolate Heaven** - Omit cinnamon and pudding mix and add ¾ C Juice Plus+ Complete Chocolate powder, 3 t cocoa and ¾ C chocolate chips

**Apple, Cinnamon, Raisin**- Make as directed then add 1 C raisins & 1 cup diced apple

**Banana Amish Bread**- just add 2 mashed bananas

**Butterscotch** – omit the pudding and add Butterscotch pudding and 1 C butterscotch chips. Bake in a 9 x 13 instead.

**Blueberry** – Use French Vanilla or Vanilla Pudding and 1 C frozen or fresh blueberry's

### **Chocolate chips and nut Varieties:**

Try different flavors of pudding mix; like Pistachio and chocolate chip.