



### AMISH CINNAMON BREAD RECIPE

You will receive a starter in a large zip lock bag. Store on the countertop. DO NOT REFRIGERATE.

DAY 1: Do nothing.

DAYS 2-5: Mash bag two times during the day.

DAY 6: Add to bag 1 cup flour, 1 cup sugar and 1 cup milk. Seal bag releasing air. Mash thoroughly.

DAYS 7-9: Mash bag two times during the day and let air out.

DAY 10: Squeeze contents into large bowl. Add 1 cup flour, 1 cup sugar, and 1 cup milk. Stir thoroughly and measure four 1-cup starters into zip lock bags.

Give a bag and a copy of instructions to friends.

To the small amount left in your bowl, add and mix the following:

1 cup oil – or ½ cup oil and ½ cup applesauce

½ cup milk

1 teaspoon vanilla

3 eggs

Then combine in a separate bowl:

2 cups flour

½ teaspoon salt

1 cup sugar

½ teaspoon baking soda

1 ½ teaspoon baking powder

1 large box vanilla instant pudding

2 teaspoons cinnamon

1 cup chopped nuts (optional)

Add dry ingredients to first bowl. Mix well. Spray 3 loaf pans or 6 mini pans with cooking spray. Sprinkle generously with cinnamon sugar. Pour batter into pans and sprinkle tops with cinnamon sugar. Bake at 325 degrees for 1 hour for large pans (check after 45 minutes). Small pans – bake 35 minutes. Knife or toothpick will come out clean when done.

TOMORROW STARTS DAY ONE FOR STARTER.

*The Heart's Way, Imagery and Insights*