**Ingredients 25 Servings 50 Servings 100 Servings**

Flour, Whole Wheat 1 ¼ cup 2 ½ cup 5 cups

Flour, All Purpose 1 cup 2 cups 4 cups

Baking Powder 2 ½ teaspoon 5 teaspoons 3 tablespoon + 1 tsp

Sugar 1 tablespoon 2 tablespoons 4 tablespoons

Salt ¾ teaspoon 1 ½ teaspoons 1 tablespoon

Powder Milk 1/3 cup 2/3 cup 1 1/3 cup

Water, Cold 1 1/8 cup 2 ¼ cup 4 ½ cup

Oil ½ cup + 1 tablespoon 1 1/8 cup 2 ¼ cup

**Instructions**

1. In a large mixing bowl, combine flours, baking powder, sugar, salt, powder milk, and water. Mix until dough is formed.
2. Turn dough onto waxed paper lightly dusted with flour. Knead dough and add flour as needed to make a smooth and pliable dough. Cover and let rise in warm place for 1 hour, or until doubles in size.
3. Divide and shape dough into equal portions (25 servings, 50 servings, or 100 respectively).
4. In a large frying pan, pour oil so it is about 1” deep and heat over high heat. Sprinkle a small amount of flour on the oil to test whether it is hot enough; it should sizzle when the oil is ready for frying.
5. Fry dough until golden brown, about 1-2 minutes per side. Immediately remove from oil and drain well.

**Nutrition**

Serving Size = 1 each 1 serving = 1.75 oz WG, ½ cup BPL, 2 oz M/MA, ¼ cup DG, ¼ cup RO.

Calories: 94 Saturated Fat: .4g Sodium: 109mg



**Notes:**

Serve with ½ C beans, 1 oz ground meat, ½ C romaine lettuce, ¼ C tomato, 1 Tbsp cheese, and 1oz sour cream.