



Makes 8 breads
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 cup unbleached all-purpose flour, plus more for dusting
1 cup white whole wheat flour
1 tablespoon regular or sodium-free baking powder
½ teaspoon sea salt

No-Fry Frybread

The following recipe is adapted from *Seed to Plate, Soil to Sky: Modern Plant-Based Recipes Using Native American Ingredients* by Lois Ellen Frank with culinary adviser Walter Whitewater. Read our Q&A with chefs Frank and Whitewater [here](#).

Almost every Native American community has a recipe for frybread, but most contain lard or oil. This scrumptious no-fry flatbread is completely fat-free! The breads are cooked in a dry cast-iron skillet or on an open-flame grill and have a light texture and a subtle smoky flavor. The bread features baking powder as the raising agent (no yeast) and is ready in an hour from start to finish, including 30 minutes of rising time. Serve with [Tomato Pepita Sauce](#) or your favorite soup, stew, or plant-based [dip](#), or use it as a base for sandwich wraps.

For more inspiration, check out these tasty ideas:

- [Homemade Whole Wheat Sandwich Thins](#)
- [Vegan Potato Bread](#)
- [Buckwheat Bread \(Gluten-Free\)](#)
- Or check out our full roundup of [Easy and Delicious Bread Recipes](#)

By Lois Ellen Frank, PhD, and Walter Whitewater

- 1 In a medium bowl whisk together all ingredients. Using a spoon or your hands, gradually incorporate 1¼ cups warm water until dough becomes soft and pliable without sticking to the bowl. If dough feels too dry, add a little water. If it feels too wet, add a little flour.
- 2 Transfer dough to a lightly floured surface and knead, folding the outer edges of the dough toward the center, 3 to 4 minutes or until soft and pliable. Return dough to the bowl. Cover with a clean damp towel or plastic wrap. Let rest at least 30 minutes to 1 hour to allow dough to rise.
- 3 Divide dough into eight portions. Roll portions into balls.
- 4 Heat a cast-iron skillet over high until very hot. (If using an open-flame grill, use medium-low.)
- 5 On a lightly floured surface, use a rolling pin to roll a dough ball into a 5-inch disk that is ⅛ inch to ¼ inch thick. Cook disk in hot skillet 2 to 3 minutes or until bubbling and starting to brown. Using tongs, flip bread and cook 2 to 3 minutes more or until puffy. (If using an open-flame grill, cook until bread puffs and starts to brown; turn over and cook 2 to 3 minutes more or until both sides have brown spots and the bread is completely cooked.) Transfer to a basket lined with a clean kitchen towel and cover to keep warm. Repeat with remaining dough balls.