

Acorn Bread

INGREDIENTS

1 cup acorn meal
1 cup flour
2 tablespoons baking powder
½ teaspoon salt
3 tablespoons sugar
1 egg, beaten
1 cup milk
3 tablespoons oil



DIRECTIONS

- Sift together acorn meal, white flour, baking powder, salt and sugar.
- In a separate bowl, mix together egg, milk and oil.
- Add wet ingredients to the dry ingredients. Stir just enough to moisten dry ingredients.
- Pour into a greased pan and bake at 400 degrees for 30 minutes.

ACORN MEAL:

Acorn meal can be purchased online or at some health food stores. It can also be harvested from trees and prepared in your own kitchen!

[Directions to make acorn flour](#)

[History, nutritional value and more about acorn meal](#)

Indigenous Ingredient: Acorns

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”