Acorn Bread

INGREDIENTS

1 cup acorn meal

1 cup flour

2 tablespoons baking powder

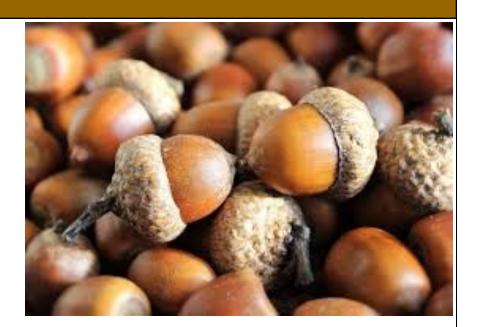
½ teaspoon salt

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!"