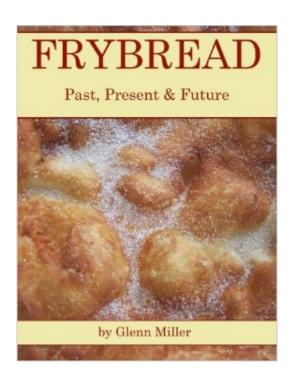
# The book was found

# Frybread: Past, Present & Future





## **Synopsis**

Have you ever had frybread, beaver tails, bannock bread at a Native American (Indian)

Powwow/Gathering? Ever wonder where it came from? Itâ ™s Hidden History? The controversial background of it? How you can make or have it at home? Hereâ ™s the Book you need. The only book ever written (that we know of) that has the history, over 200 recipes, culture, historical timeline, the health ramifications, Diabetes (including contact information for help with Diabetes), exchange tables, conversion charts, information on oils and fats for frying and the health aspects of the oil and other ingredients! A step by step photo guide to make your own frybread. Substitution tables to help make healthier frybread. Charts and tables to increase or decrease the size of your favorite recipe. Ever wonder how many teaspoons are in a cup? Itâ ™s in this book! Want to use something other than buttermilk in your frybread? Itâ ™s in here! Info on songs, art, stories and poetry about frybread? Itâ ™s in here. If you ever wanted to know anything about Frybread, itâ ™s most likely in this book. A portion of the proceeds from the sale of this book is donated to Diabetes and health programs for Native peoples, specifically programs for children, when possible.

## **Book Information**

Paperback: 224 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (June 3, 2014)

Language: English

ISBN-10: 1499751044

ISBN-13: 978-1499751048

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â See all reviews (12 customer reviews)

Best Sellers Rank: #864,592 in Books (See Top 100 in Books) #44 in Books > Cookbooks, Food

& Wine > Regional & International > Native American

### Customer Reviews

excellent experience, great seller!

Easy to use cookbook.

Excellent reference book with a variety of frybread recipe from different Native American cultures. I really liketheconversions for gluten free folks. All in all, it is a keeper!

Great recipes

A gift, but sounds interesting.

Excellent book includes an amazing history as well as plenty of recipes!

### Download to continue reading...

Frybread: Past, Present & Future Teddy Bears Past and Present, Vol. 2 (Teddy Bears Past & Present) Waffles, Flapjacks, Pancakes, Blintzes, Crepes, Frybread: From Scandinavia and Around the World Revised and Expanded 21st Century Essential Guide to Navy Submarines: Past, Present, and Future of the Sub Fleet, History, Technology, Ship Information, Pioneers, Cold War, Nuclear Attack, Ballistic, Guided Missile The Last of the Wild Rivers: The Past, Present, and Future of the RiviA re du Moine Watershed No Women Jump Out!: Gender Exclusion, Labour Organization and Political Leadership in Antigua 1917-1970 (Trade Unions. Past, Present and Future) Haiti: Past, Present, Future The Yugas: Keys to Understanding Our Hidden Past, Emerging Present and Future Enlightenment NATO: Its Past, Present and Future Photochemistry: Past, Present and Future Past Life Regression: A Practical Guide To Understanding PLR - Learn How To Release Past Fear, Unlock Hidden Powers, & Gain Insight On Your Life's Purpose. ... Hypnosis, Death, Dreams, Spirituality) Letting Go of the Past: Hypnosis to Heal Your Life, Let Go of the Past and Move On via Relaxing Rain Hypnosis and Meditation Teddy Bears Past and Present: A Collector's Identification Guide (Vol 1) From Marbles to Video Games: How Toys Have Changed (Lightning Bolt Books Comparing Past and Present) The Foods of Israel Today: More than 300 Recipes--and Memories--Reflecting Israel's Past and Present Through Its Many Cuisines The Railroad Photography of Jack Delano (Railroads Past and Present) Passenger Ships of the World Past and Present When the Past Is Present: Healing the Emotional Wounds that Sabotage our Relationships Out of the Past: Gay and Lesbian History from 1869 to the Present INSIDE CENTRAL AMERICA: The Essential Facts Past and Present on El Salvador, Nicaragua, Honduras, Guatemala, and Costa Rica

Dmca