



Amish Friendship Bread

 Vegetarian

READY IN



120 min.

SERVINGS



2

CALORIES



4268 kcal

Ingredients

- ☐ 1 package yeast dry
- ☐ 0.3 cup water
- ☐ 1 cup vanilla-flavored soy yogurt
- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 2 cups vanilla-flavored soy yogurt
- ☐ 1 cup starter (1 bag)

- ☐ 3 eggs
- ☐ 1 cup butter softened
- ☐ 0.5 cup vanilla-flavored soy yogurt
- ☐ 1 cup brown sugar packed
- ☐ 0.5 teaspoon vanilla
- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons ground cinnamon
- ☐ 1 box vanilla pudding instant (6-serving size)
- ☐ 2 tablespoons granulated sugar

Equipment

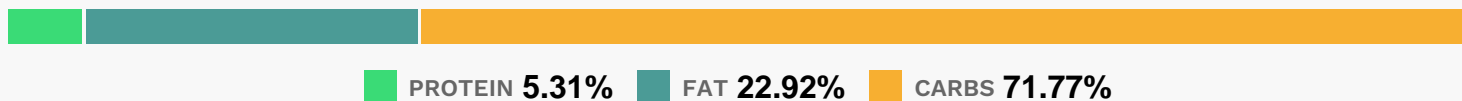
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ cutting board

Directions

- ☐ In medium bowl, stir together yeast and warm water until yeast is dissolved.
- ☐ Add buttermilk. Beat in 1 cup flour and 1 cup granulated sugar.
- ☐ Pour mixture into 1-gallon zipper-topped bag; seal bag.
- ☐ Place in cool, dry location for at least 8 hours or up to 10 hours.
- ☐ Place starter in refrigerator and store there for Days 2 through 1
- ☐ Consider this (or the day you receive the starter) as Day 1 of the cycle.
- ☐ Day 1: Do nothing.

- ☐ Day 2: Mash bag.
- ☐ Day 3: Mash bag.
- ☐ Day 4: Mash bag.
- ☐ Day 5: Mash bag.
- ☐ Day 6: To bag, add 1 cup all-purpose flour, 1 cup granulated sugar, 1 cup cultured buttermilk; seal bag and mash until mixed.
- ☐ Day 7: Mash bag.
- ☐ Day 8: Mash bag.
- ☐ Day 9: Mash bag.
- ☐ Pour entire bag into nonmetal bowl.
- ☐ Add 1 cup flour, 1 cup granulated sugar, 1 cup cultured buttermilk. Measure out 1 cup of Starter into each of 4 (1-gallon) zipper-topped bags. Keep 1 bag for yourself, and give other bags to 3 friends along with recipe.
- ☐ Heat oven to 325°F. Spray 2 (9x5-inch) loaf pans with cooking spray. In large bowl, beat contents of 1 bag of Starter, the eggs, butter, buttermilk, brown sugar, baking powder, baking soda, flour, and pudding mix with whisk until a smooth batter forms.
- ☐ Scoop 1 cup batter into small bowl.
- ☐ Add cinnamon; beat with whisk until cinnamon is well mixed into batter. Spoon dollops of cinnamon batter back into large bowl with vanilla batter. With fork, gently swirl vanilla and cinnamon batters together. Don't over mix! Two or three swirls should be enough!
- ☐ Pour batter into pans.
- ☐ Sprinkle top of each loaf with 1 tablespoon granulated sugar.
- ☐ Bake 55 to 65 minutes or until bread springs back when touched lightly in center. Cool until bread loosens from sides of pan. Turn breads out onto serving dish or cutting board.
- ☐ Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:291.14, Glycemic Load:391.29, Inflammation Score:-10, Nutrition Score:56.870869553607%

Nutrients (% of daily need)

Calories: 4268.21kcal (213.41%), Fat: 110.29g (169.67%), Saturated Fat: 61.88g (386.77%), Carbohydrates: 776.97g (258.99%), Net Carbohydrates: 758.48g (275.81%), Sugar: 478.72g (531.91%), Cholesterol: 489.55mg (163.18%), Sodium: 2399.46mg (104.32%), Alcohol: 0.34g (100%), Alcohol %: 0.03% (100%), Protein: 57.47g (114.94%), Manganese: 4.35mg (217.37%), Vitamin B1: 2.87mg (191.53%), Selenium: 131.62µg (188.02%), Folate: 690.02µg (172.5%), Vitamin B2: 2.1mg (123.26%), Calcium: 1031.19mg (103.12%), Vitamin B3: 20.24mg (101.2%), Iron: 18.06mg (100.36%), Fiber: 18.48g (73.94%), Vitamin A: 3228.16IU (64.56%), Vitamin C: 52.9mg (64.13%), Phosphorus: 596.54mg (59.65%), Vitamin D: 6.48µg (43.23%), Copper: 0.64mg (32.16%), Vitamin B5: 3.17mg (31.66%), Vitamin E: 3.79mg (25.28%), Magnesium: 99.17mg (24.79%), Zinc: 3.72mg (24.79%), Potassium: 702.18mg (20.06%), Vitamin B6: 0.37mg (18.5%), Vitamin B12: 0.78µg (13.05%), Vitamin K: 12.84µg (12.23%)