

# Amish Friendship Bread Starter

“If you haven’t received a bag of Amish Friendship Bread starter but would like to make the bread, this is the recipe for starting your starter.”

## Ingredients

1 (0.25 ounce) package active dry yeast  
1/4 cup warm water (110° F/45° C)  
1 cup all-purpose flour  
1 cup white sugar  
1 cup milk

## Directions

1. In a small bowl, dissolve yeast in water. Let stand 10 minutes.
2. In a 2-quart glass, plastic or ceramic container, combine 1 cup flour and 1 cup sugar. Mix thoroughly with a whisk or fork.
3. Slowly stir in 1 cup milk and dissolved yeast mixture.
4. Cover loosely and let stand at room temperature until bubbly. Consider this day 1 of the 10 day cycle. For the next 10 days handle starter according to the instructions for Amish Friendship Bread.

## Kitchen Notes

The starter should be left at room temperature. Drape loosely with dish towel or plastic wrap. Do not use metal utensils or bowls. If using a sealed Ziploc bag, be sure to let the air out if the bag gets too puffy.

Also, when you make a starter from scratch, you can sometimes end up with a much greater yield than 4 cups depending on the temperature of your kitchen and eagerness of your starter! If this happens, reserve one cup for baking and divide the remaining batter into Ziploc baggies of 1 cup each to freeze or share with friends.

Go to <http://www.friendshipbreadkitchen.com/amish-friendship-bread> for instructions and the recipe for Amish Friendship Bread.

## Nutritional Information

Approximate nutritional information, per cup: 600 calories, 4 g fat, 2 g saturated fat, 10 mg cholesterol, 50 mg sodium, 133 g carbohydrate, 2 g fiber, 92 g sugar, 9 g protein  
Nutritional analyses by Joannie Dobbs, Ph.D., C.N.S.

This recipe is courtesy Darien Gee, author of *Friendship Bread: A Novel* (Ballantine Books) and founder of the Friendship Bread Kitchen. For more Amish Friendship Bread recipes, please visit the Friendship Bread Kitchen at [www.friendshipbreadkitchen.com/recipe-box](http://www.friendshipbreadkitchen.com/recipe-box) or post your questions at our community forum at [www.friendshipbreadkitchen.com/kitchen-table](http://www.friendshipbreadkitchen.com/kitchen-table)