

# *Starter for Amish Friendship Bread*

Would you like to be the start of an Amish Friendship Bread that spreads its love to many? Here is a recipe to make the starter that you can share far and wide.

Prep Time 10 mins

Total Time 10 mins

## **Ingredients**

- .25 ounce active dry yeast (or 1 packet)
- ¼ cup warm water 110° F/45° C
- 1 cup sugar
- 1 cup flour
- 1 cup milk

## **Instructions**

1. In a small bowl, dissolve yeast in water and let stand for 10 minutes.
2. In a 2-quart ceramic, glass or ceramic container (not metal), combine 1 cup sugar and 1 cup flour. Mix thoroughly with a fork or whisk.
3. Slowly stir in 1 cup milk and the dissolved yeast mixture.
4. Cover loosely with plastic or a towel and let stand at room temperature until the mixture becomes bubbly.

From here you will move into your bread recipe so consider this Day 1 of your 9-day Amish Friendship Bread cycle.

## **Note**

- Do not use metal utensils or bowls.
- If using a sealed Ziploc bag, be sure to let the air out if the bag when it puffs up.
- The room temperature will affect how much starter you end up with. It may exceed the expected 4 cups.
- Keep one cup for baking and divide the remaining batter into Ziploc baggies of 1 cup each.
- You can freeze the starter or share with friends.