



## INGREDIENTS

- 10 Cups Flour (enriched or whole grain rich)
- 5 Teaspoons Salt
- 10 Tablespoons Sugar
- 5 Tablespoons Cayenne (more to taste)
- 1¼ Cups Vegetable Oil
- 3⅓ Cups Water

## DIRECTIONS

1. In a medium bowl, mix together the dry ingredients.
2. Pour the vegetable oil into the bowl and use your hands to mix it in. The mixture will still seem dry.
3. Pour the water into the dough, little by little, kneading in between. The dough should not be sticky or crumbly. Once all the water has been added, use your hands to knead for 5 minutes.
4. Flour a dry, flat surface and use a rolling pin to roll the dough out until it's about ¼ inch thick. Then, cut the dough into strips lengthwise and horizontally. The pieces should be about ½ inch on all sides (except for thickness).
5. Heat a cast iron skillet over medium heat with no oil or grease. Add the pieces (gently) to the skillet and mix occasionally for about 20 minutes until they are toasted on all sides.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Snack

## YIELD

10 Cups

## PORTION SIZES

**Toddler:** ⅛ Cup  
**Preschool:** ⅛ Cup  
**School Age:** ¼ Cup  
**Adult:** ¼ Cup