Combine flour, blue corn meal, baking powder & kosher salt. Gradually stir in water until the dough becomes soft & pliable without sticking to the bowl. If the dough starts to get sticky stop adding water.

Knead dough on a lightly floured cutting board or surface for 4 to 5 minutes, folding the outer edges of the dough towards the center.

Return the dough to the bowl, cover with plastic wrap, & let rest for at least 30 to 60 minutes to allow it to rise.

Shape the dough into small balls. On a lightly floured surface, use a rolling pin or your hands to shape dough approximately 1/8-inch to ¼-inch in width & 4 to 6 inches in diameter.

Heat a cast iron skillet until very hot or use the open flame grill with a medium to low heat. Place your shaped dough circle onto the hot pan or open flame grill. Cook for approximately for 2 to 3 minutes on each side until it browns then turn the bread over & cook another 2 to 3 minutes until bread is completely done.

If cooking over an open flame or on a grill, cook until the dough starts to turn golden brown & puffs a little. Turn over & cook until both sides have brown spots & the dough is completely cooked.

Repeat with each piece of dough. Keep warm between two clean kitchen towels. Serve immediately.

**INGREDIENTS**

- 4 cups unbleached flour
- 1 cup finely ground blue corn meal
- 2 Tablespoons baking powder
- 1-teaspoon kosher salt
- 2 cups warm water (approximately)

Makes approximately 14 to 16 no fry or grilled tortilla breads.

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**5” Diameter serving size**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Fat</th>
<th>Carbs</th>
<th>Fiber</th>
<th>Protein</th>
</tr>
</thead>
</table>
| Traditional Fry Bread  
(four, baking powder, salt, water, lard or oil for deep frying) | 263 | 8g  | 30g   | 0g    | 5g      |
| No Fry Bread  
(four, cornmeal, baking powder, salt, water) | 152 | 0.4g | 30g   | 2g    | 5g      |