

AMISH CINNAMON BREAD STARTER

Combine one package of dry yeast with ½ cup warm water

Let stand for 5 minutes

Combine the following:

2 cups all-purpose flour

1 teaspoon salt

3 tablespoons sugar

2 cups warm water

Add yeast mixture to above

Cover loosely with a cheesecloth or dish towel

Keep in a warm place (80-82 degrees) for 72 hours, stirring 2-3 times a day

Place mixture in the refrigerator for about 1 week, stirring 1 time a day

Use this starter within 11 days after placing it in the refrigerator

The Heart's Way, Imagery and Insights