

# Grandma Muriel's Flat Bread

## Ingredients

|                              |                                    |
|------------------------------|------------------------------------|
| ¾ cup of sugar               | 1 cup of boiling water             |
| 2 ½ cups of white flour      | ¾ cup of crisco or unsalted butter |
| 2 cups of graham flour       | 1 cup of buttermilk                |
| 1 tablespoon of salt         | Cornmeal for dusting               |
| 2 teaspoons of baking powder |                                    |
| 1 teaspoon of baking soda    |                                    |

## Directions

1. Mix the dry ingredients in a large bowl.
2. Add the melted shortening/butter and boiling water, mix.
3. Mix in the buttermilk.
4. Shape into a long roll and cool.
5. Cut into even pieces, then roll them out onto a pastry cloth or sheet using flour and cornmeal.
6. Bake on a cookie sheet at 350 degrees fahrenheit until golden brown.