



Treat Time

Approximate Time: 45 minutes

Prep Time: 50 minutes

Cook Time: 15 minutes

“Doughnut” be Unclean

Dough:

1 c. mashed potatoes (or substitute instant potatoes)

1 1/4 cup warm milk (70 to 80 degrees F)

2 eggs, well beaten

3/4 cup shortening

1/2 cup sugar

1 teaspoon salt

4 3/4 cups flour

2 1/4 teaspoons active dry yeast

Topping:

3/4 cup sugar

1/4 cup melted butter or margarine



Mix all ingredients (except topping) together and knead for 3 minutes to form a soft dough. Roll out on lightly floured surface to 1/2 inch thickness. Cut out with a 1-1/2 inch doughnut cutter. Place on greased baking sheets. Cover with a slightly damp cloth or plastic wrap that has been coated with cooking spray. Let rise for about 25 minutes (until almost doubled). Bake at 350 degrees F for 15-20 minutes until lightly browned. For a more traditional doughnut; heat 1 quart oil in a large deep skillet to 375 degrees F. and fry until golden, turning over once. Drain on paper towels.

Treat Time: Brush warm doughnuts with butter and let children roll in sugar. Omit melted butter if you used the frying method. Optional: Use your doughnuts for the **Activity Time** part of this lesson.

Closing Prayer and blessing on the food.