

Sacred Images: Fry Bread

## Attachment #1-Recipe For Navajo Faux Fry Bread and Lavender Honey

### Lavender Honey

from *Strawberries: Favorite Recipes*, by Oda Tietz (ISBN 1-930603-04-5)

1 heaping tsp. fresh lavender flowers  
1 jar honey

Place the lavender flowers in a tea bag or fine-mesh cotton bag, and submerge in regular honey for 3-4 weeks.

### Navajo Faux Fry Bread

from *The Best of the Mailbox Theme Series, Native Americans, Primary* (The Education Center) (ISBN 1-56234-500-1)

(Makes about 25 small servings)

2 cups self-rising cornmeal  
2 eggs  
2 Tbl. sugar  
1 and 1/2 cups buttermilk

Mix the ingredients together. Using an electric fry pan or a skillet and a hot plate, prepare spoonfuls of the batter as you would pancakes.