
Food for the Soul

Can Bread

Breads/Breakfast

1/2 C milk
1/2 C water
1/2 C oil
1/4 C sugar

1 T yeast
3 C flour
1 t salt
2 eggs

Instructions

Spray 2 1-lb coffee cans with Pam. Heat together the milk, the water, and the oil. After heating, add to dry ingredients: sugar, yeast, flour, and salt. Mix together well and add 2 eggs. Pour into coffee cans and let rise to top (approximately 1 hour). Bake for 30 minutes at 375 degrees. Let stand 10 minutes. Take out of can, but don't slice until completely cool. Better the next day if you can wait that long!!

In Matthew 4, after Jesus had fasted for forty days and nights, Satan tried to tempt him by telling him to turn the stones into bread. Jesus answered by telling him "Man does not live by bread alone but from every word that comes from the mouth of God." I always enjoy baking this bread to give to people, especially at Christmas with a little reminder that no matter what's happening in our life - happy, sad, busy or lonely, all we have to do is open up the Bible and we will be refreshed and filled up.

--Judy Winkler
