

This recipe is from the Department of Welfare South America South area Church of Jesus Christ of Latter Day Saints

Eternal Bread

Bread Eternal (or survival bread.) ingredients

2 cups of oats

2 cups of powdered milk

1 cup of sugar

3½ tablespoons of honey

½ of a 40 gram package of gelatin. (Lemon or orange flavor)

3 tablespoons of water

Instructions:

Place the oats, milk and sugar in a bowl.

Combine the honey, gelatin, & water in a pot and bring to a boil, remove immediately from heat.

Add to the dry ingredients and stir, and then mix well with wet hands.

If the mixture is dry carefully add more water one table spoon at a time.

Finally place buttered parchment paper (so it doesn't stick) in a brownie pan or casserole dish. Spread out the mixture in the pan. Make sure it is 2 ½ cm thick.

Bake in a preheated oven for 15-20 minutes at 180 degrees.

Remove the bread while it is still a bit soft; make sure it doesn't over cook so it doesn't harden once it cools.

It can be cut in sizes of 4 x 4 cm and 2 ½ thick and then be wrapped in aluminum foil. It can then be placed in a container for storage.

In an extreme emergency, a serving of this bread in the morning and another in the evening, plus a glass of water, can serve as a daily ration to sustain life.

(If this bread stored, it lasts indefinitely. However, to take advantage of the full nutritional quality, it is recommended that you consume within 6 months and then immediately replace it.)

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