



♥ Feed them ♥ Clothe them ♥ Educate them ♥ Love them ♥  
Reaching out to the orphan and at-risk children of Tanzania with "Hearts in Unity"



## Tanzanian Maandazi (Donuts)

1 tsp. sugar  
½ cup warm water  
2¼ tsp. dry yeast (1/4 oz pkg.)

3 cups all purpose flour  
Vegetable oil for deep frying

4 tbsp. sugar  
1 tbsp. oil  
1 tsp. ground cardamom  
½ cup coconut milk

Dissolve 1 teaspoon sugar in ½ cup warm water. Dissolve yeast into the same mixture. Cover with plastic wrap until the yeast rises.

Add the remaining 4 tablespoons of sugar, oil, cardamon and coconut milk into the yeast mixture and stir.

In a large bowl, mix flour into yeast mixture. If the dough is too hard to handle, add a little more coconut milk, about a tablespoon at a time. If it is too soft, add flour a little bit at a time.

On a flat floured surface, continue to knead the dough for 10 minutes until it becomes elastic. Move the dough to a clean lightly oiled bowl, cover with a clean cloth and let it rise.

Once the dough has doubled in size, knead it for an additional 2 minutes.

With a rolling pin, roll the dough to about ¼" to ½" thin. Use a round cookie cutter or a similar utensil to cut the dough into regular shapes.

Deep fry in vegetable oil until golden brown.

