I think it is fair to say that day to day, most of us eat a lot of bread. Bread is almost a complete survival food in itself - it contains carbohydrate, protein, fat, fiber and various vitamins and minerals. The problem is most bread requires an oven to bake it in. This is fine normally, but it makes it difficult to make when camping, hiking, bugging-out, or if the power's off. Sometimes you may have a Dutch oven available when camping or if the powers is off at home, but other than baking bread in a Dutch oven, freshly baked bread is not so easy to make.

One of the answers is Navajo fry bread! Navajo fry bread is a simple bread made from 4 ingredients which is cooked in an open skillet. All of the ingredients are dry, so if camping etc they can be premixed and stored in a bag ready to use. You just mix with water, stir until it forms a dough and then cook. Navajo fry bread is an excellent option for cooking/eating outdoors and emergency preparedness.