Nutrition for Early Learning and Child Care

Baked Bannock
Makes 10 servings

Ingredients
- 250 ml (1 cup) all-purpose flour
- 250 ml (1 cup) whole wheat flour
- 20 ml (4 tsp) baking powder
- 5 ml (1 tsp) sugar
- 30 ml (2 tbsp) oil
- 250 ml (1 cup) water or milk

Directions
1. Preheat oven to 230°C (450°F).
2. In a large bowl, whisk dry ingredients together.
3. Add oil and water (or milk) and mix together to form dough.
4. Knead dough for 2-3 minutes on a floured surface.
5. Roll out to ¾-1 inch thick. Bake as one large loaf OR cut into pieces for individual biscuits.
6. Bake for 12-15 minutes for large loaf or 10-12 minutes for biscuits (or when bannock starts to turn golden brown).
7. Remove from oven and let cool before eating.

Tips
- Try it with all whole wheat flour (makes a heavier bread).
- Try adding ¼ cup oats and/or ¼ cup ground flax seed or grated cheese for added flavour and nutrition.
- Use bannock as a pizza crust.
- Kids can help…measure, stir dry ingredients, knead dough, roll out dough.