

Baked Bannock

Canada's Food Guide recommends choosing whole grain foods. Using whole wheat flour instead of white flour means that you can count this easy recipe as a whole grain choice.



Ingredients:

2 ½ cups	Whole wheat flour	575 mL
1 tsp	Baking powder	5 mL
½ tsp	Salt	2 mL
¼ cup	Soft (non-hydrogenated) margarine	60 mL
¼ cup	1% milk	60 mL
¾ cup	Water	175 mL

Directions:

1. Preheat oven to 375°F (190°C).
2. Lightly spray a baking sheet or baking dish with non-stick cooking spray. Set aside.
3. In a large bowl, mix flour, baking powder and salt.
4. With the tips of your fingers, work margarine into flour mixture until margarine is divided into small (pea size) pieces.
5. Make a well in centre of flour mixture; pour milk and water into the well.
6. Starting at the centre, gradually mix flour into liquid until a soft dough forms.
7. Turn dough onto lightly floured surface, knead dough a few times, cover and let it rest for at least 20 minutes.
8. Place dough on prepared baking sheet or dish. Flatten dough and shape it into a rectangle.
9. Bake at 375°F (190°C) for 20 minutes or until golden.
10. Cut bannock into pieces, about 2 inches x 2 inches (5 cm x 5 cm).
11. Serve with soup or stew. Bannock also tastes great with peanut butter and jam.

Makes 8 servings (73 g)

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Nutrition Facts	
Per 1/8 of recipe (73 g)	
Amount	% Daily Value
Calories 170	
Fat 6 g	9 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 270 mg	11 %
Carbohydrate 26 g	9 %
Fibre 4 g	16 %
Sugars 1 g	
Protein 5 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	4 %
Iron	10 %

Nutrient Claim	Amount per serving
High in fibre	4 g
Low in saturated fat	1 g
High in magnesium	50 mg
Source of folate	16 mg
Source of iron	1.4 mg

This is a Choose Most Often recipe (Grain Products) according to the Alberta Nutrition Guidelines.