

This activity will:

- Illustrate the type of bread eaten by Native Canadians and early settlers
- Allow the students to taste a small sample
- Provide students the opportunity to practice following instruction

Bannock Ingredients

(for each group of 6-8 students)

1 cup	whole wheat flour
½ cup	all-purpose flour
½ cup	rolled oats
2 Tbsp.	sugar
2 tsp.	baking powder
½ tsp.	salt
2 Tbsp.	melted butter or oil (vegetable or canola)
1/3 cup	raisins (optional)
¾ cup	water

Utensils (per group)

Mixing bowl

Pie plate (aluminum foil, metal or glass)

Measuring cup

Measuring spoons

Instructions

1. Mix together flour, oats, sugar, baking powder and salt.
2. Add melted butter or oil, raisins and water, adding more water if needed to make sticky dough.
3. With floured hands, pat into greased pie plate.
4. Bake at 400° F for 20 to 25 minutes, or until browned and inserted toothpick comes out clean.
5. Cut into wedges. In place of raisins, you may also use fresh berries or dried apricots.
6. This recipe makes 6 servings.