

Ingredients:	Amount:
Flour	3 cups
Baking powder	2 tbsp
Salt	1 tsp
Vegetable oil or Shortening	¼ cup
Water	1.5 cups

Method:

1) Blend dry ingredients. 2) Add water and shortening or oil, kneed briefly until smooth. 3) Cut into 30 gram portions and cook immediately or freeze.

Cooking Bannock:

1) Pan fry in oil for 3 - 4 min. per side. 2) Flatten into a 2 mm thick disk and bake on grill rack in 550°F oven 3) Wrap around the tip of a stick and cook over open fire

Tip: Eat while hot or cool on a rack and wrap once cool. Can be kept for two days.

*We would like to thank the Skwxwú7mesh Nation, upon whose unceded traditional territory Cheakamus Centre resides.
We value the opportunity to welcome others to learn, gather and share in nature on this traditional territory.*