

Bannock Bread



Ingredients:

- 2-1/2 cups all-purpose flour
- 1-1/2 cups whole wheat flour
- ½ cup nonfat dry milk
- 2 T. baking powder
- ½ tsp. salt
- 2 cups water
- vegetable oil spray

Directions:

1. Preheat oven to 350 degrees F. Put flours, dry milk, baking powder, and salt in a medium-sized bowl. Blend well.
2. Make a well in the center of the dry ingredients. Gradually add water, mixing well to make a soft dough. If dough is too moist, add more flour. If too dry, add more water.
3. Knead in the bowl about 10 to 15 times, until dough no longer sticks to your hands. Spray a 13x9-inch baking pan with vegetable oil spray. Press dough into baking pan. Bake 45 to 50 minutes.
4. Slice. Serve hot or cold.

Nutrient Content per Serving:

Exchanges: 1-1/2 starch

Calories: 124

Fat: 0.4 grams

Protein: 5 grams

Carbohydrate: 25 grams

Sodium: 231 milligrams

Cholesterol: 1 milligram

Total dietary fiber: 2 grams