

Oatmeal Bannock

You'll Need: A large mixing bowl, measuring cups, measuring spoons, a baking sheet and a large mixing spoon

Preparation Time: 20 minutes

Cook Time: 30 minutes

Ingredients	Amount for four
All Purpose Flour	2 ½ cup
Whole Wheat Flour	2 ½ cup
Quick Cooking Oatmeal	2 ½ cup
Baking Powder	3 tablespoons
Skim Milk Powder	½ cup
Vegetable Oil	¾ cup
Water	2 cups

Method:

Step 1: Preheat oven to 400 F. **Step 2:** Mix together flour, oatmeal, baking powder and milk powder. **Step 3:** Blend in oil until mixture looks crumbly. **Step 4:** Add water gradually and stir until blended. **Step 5:** Put in pan and shape. **Step 6:** Poke with a fork. **Step 7:** Bake at 400 F for 25-30 minutes

Nutrients per serving

Calories: 200 kcals

Fat: 8.0 g

Carbohydrates: 26 g

Protein: 5.0 g

Sodium: 120mg

Fiber: 5.0 g