



Bannock



Our ancestors made this bread when on the trail. Try throwing in blueberries or raisins for added flavor.

Prep: 10 mins

Cook: 30 mins

Total: 40 mins

Servings: 12

Yield: 1 loaf



Ingredients

3 cups all-purpose flour

1 teaspoon salt

2 tablespoons baking powder

¼ cup butter, melted

1 ½ cups water

Directions

Step 1

Measure flour, salt, and baking powder into a large bowl. Stir to mix. Pour melted butter and water over flour mixture. Stir with fork to make a ball.

Step 2

Turn dough out on a lightly floured surface, and knead gently about 10 times. Pat into a flat circle ¾ to 1 inch thick.

Step 3

Cook in a greased frying pan over medium heat, allowing about 15 minutes for each side. Use two lifters for easy turning. May also be baked on a greased baking sheet at 350 degrees F (175 degrees C) for 25 to 30 minutes.

Nutrition Facts

Per Serving:

149 calories; protein 3.3g 7% DV; carbohydrates 24.5g 8% DV; fat 4.1g 6% DV; cholesterol 10.2mg 3% DV; sodium 465.5mg 19% DV.

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