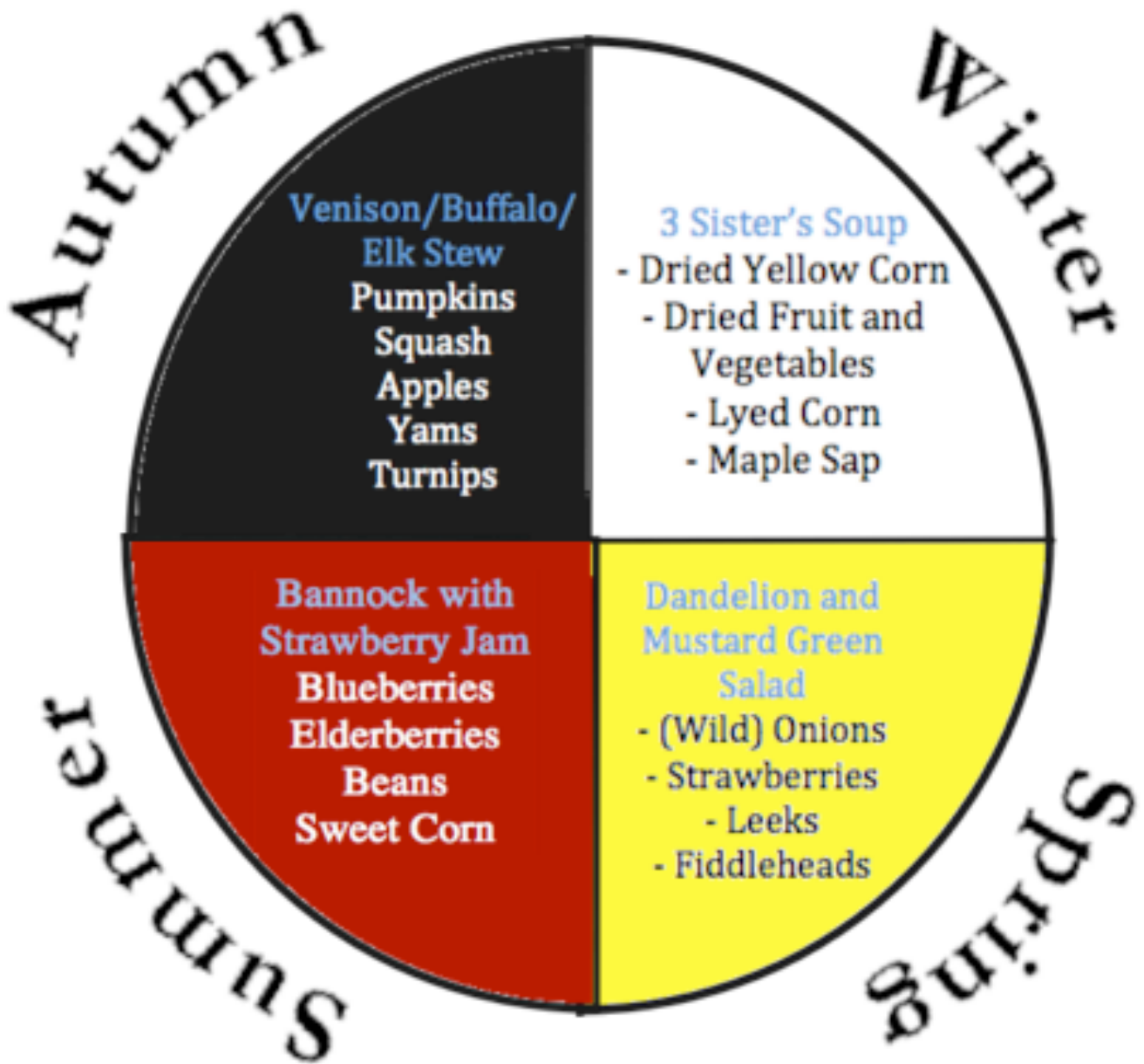


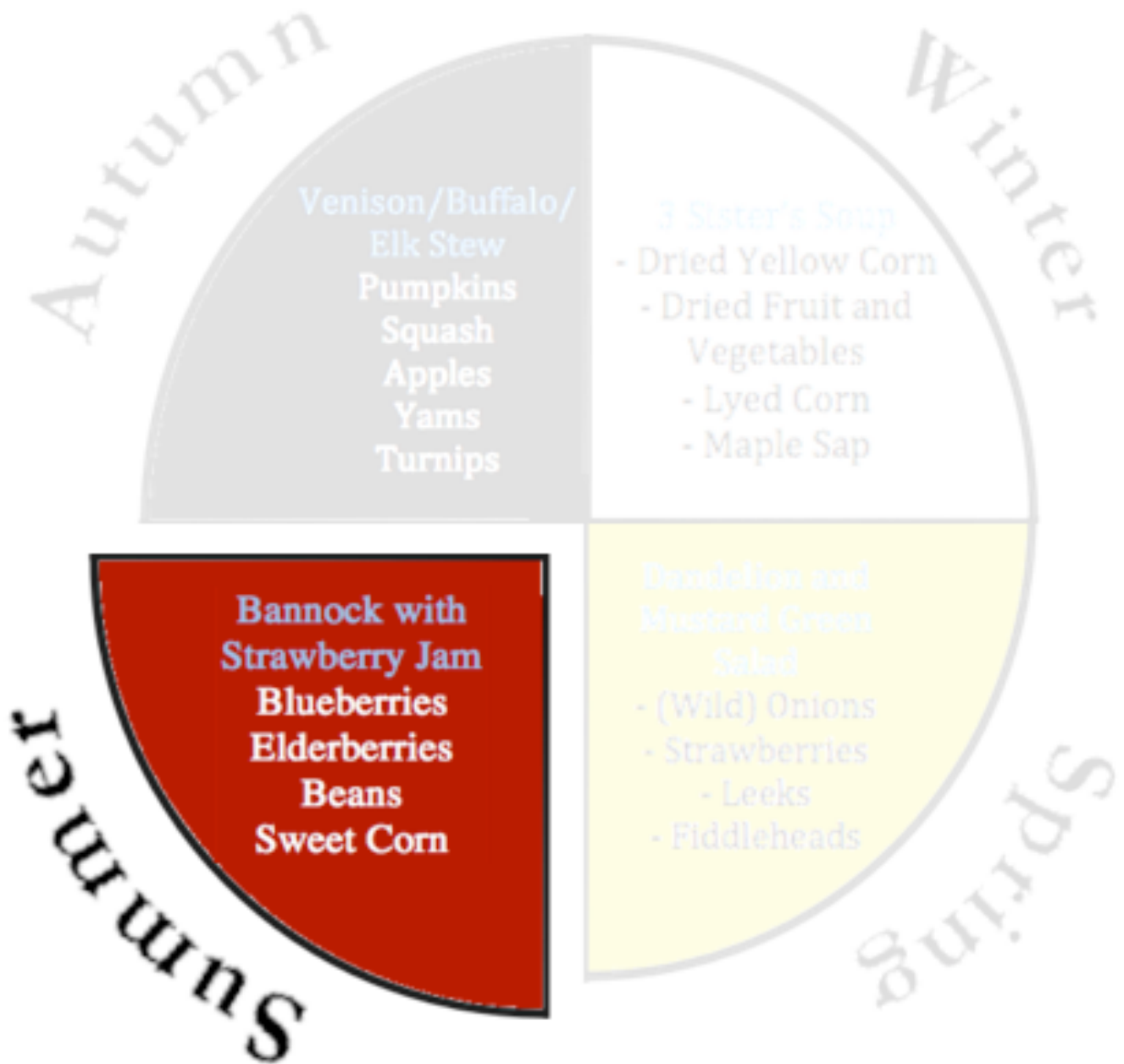
Back to Roots:
Traditional Cycle of Foods and
Accompanying Recipes

Created for the NACHC by Lindsay Keuning Rutherford and Thalia Ottaviano

Overview



Summer



Low-Fat Bannock Recipe

Ingredients

- 2 cup unbleached white flour
- 1 cup oats
- 2 tablespoon baking powder
- 2 teaspoon sugar
- 1 teaspoon salt
- 2/3 cup margarine
- 2/3 cup water or milk
- 2 tablespoon of maple syrup

Directions:

1. Mix flour, oats, baking powder, sugar and salt in a big bowl
2. Add cold margarine in by cutting margarine into pea-sized pieces with a pastry blender (or cut margarine and then use a whisk or fork to mix it in)
3. Pour in milk (or water) and stir until the mixture starts to form in a ball
4. Knead the dough and pat it out using flour and a cutting board
5. Roll out the dough until it is one inch thick (the distance from the knuckle of the thumb to the point) and bake on a greased baking sheet at 425 (F) for 12-15 minutes until lightly browned