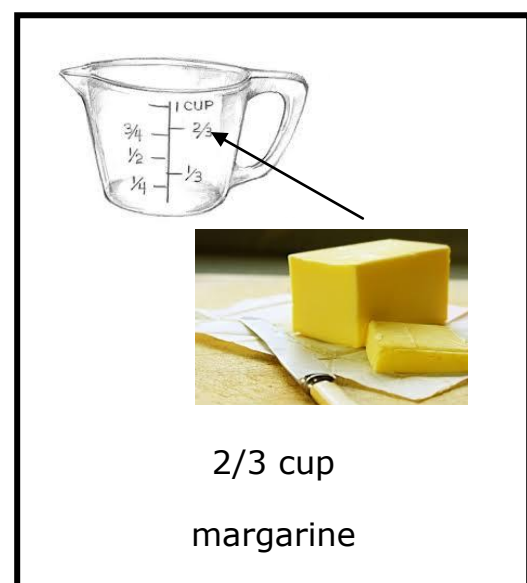


Bannock Ingredients

(Please use mixing and cooking directions found this month in *Back to Roots: Traditional Cycle of Food and Recipes.*)





2/3 cup
milk



2 tablespoons
maple syrup