

Recipe used in the [Provincial Health Services Authority video: Exploring traditional foods: Myth-busting bannock](#) (2014)

Baked Bannock

2 cups of whole wheat flour
2 cups of white flour
2 cups of oatmeal
½ cup of brown sugar
2 tbsp of baking powder
¼ tsp of salt
1 egg
2 tbsp of canola oil
2 cups of water

How to make it?

1. Preheat oven to 400.
2. In a big mixing bowl mix all dry ingredients together and then make a well in the middle.
3. In a smaller mixing bowl beat the eggs, add the oil and beat again, add the water, then mix.
4. Slowly pour the wet stuff into the dry well, while stirring with a fork.
5. Keep gently stirring until the wet stuff is mostly mixed in, make into a ball. If you need it to be wetter, add a little water; drier add a little white flour.
6. Flour the counter a bit and keep moving the ball around with your hands to make sure there is no stickiness leftover. Don't KNEAD the bread. If you beat up the dough too much the bannock will be tough.
7. Put in a touch of oil in a 6' by 6' cake pan and spread it around to grease it. Put the dough in the pan and spread it and flatten slightly to the corners.
8. Put in bottom rack of the oven and bake for 40 minutes. A knife should come out clean when it is poked if it is done. Pop it out and place on a cooling rack immediately.
9. Allow to cool for a few minutes.