

OATMEAL BANNOCK

24-30 Servings

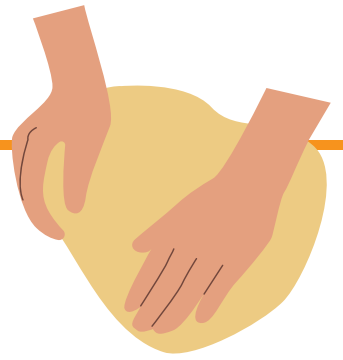
INGREDIENTS

6 cups flour
2 cups oatmeal
4 Tbsp baking powder
1 cup milk
2 cups warm water
2 eggs
½ cup oil

Add ins:

Try the following ideas for variations, or come up with your own.

- grated cheese
- blueberries
- cinnamon raisin



DIRECTIONS

1. Preheat oven to 400°F.
2. Mix together flour, oats, baking powder, milk, water, lightly beaten eggs, and oil.
3. Mix well and knead into a dough. If dough is sticky slowly add more flour in while kneading.
4. Form into a flat loaf about 1 inch thick on a large baking pan.
5. Bake for 35 - 45 minutes, or until golden brown on the bottom.

Did you know?

Large flake and quick oats contain about 3g of fibre and 4g of protein per ⅓ cup (30g).

Thank you to Victor Mager School for the recipe!