

Oatmeal Bannock

24-30 Servings

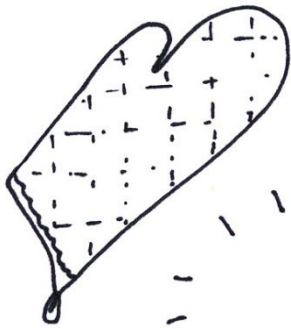
Ingredients

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

Add ins:

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

- grated cheese
- blueberries
- cinnamon raisin



Directions

Preheat oven to 400°F

1. Mix together flour, oats, baking powder, milk, water, lightly beaten eggs, and oil. Mix well and knead into a dough. If dough is sticky slowly add more flour in while kneading.
2. Form into a flat loaf about 1 inch thick on a large baking pan.
3. 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!