

**Appendix 4**  
**Bannock Recipe**  
(Individual – serves 1 to 2)



# Bannock Recipe (individual)



**Yield:** 1 to 2 servings

**Preparation time:** 10 minutes

**Baking time:** 15 minutes

---

## Equipment:

- ❖ Measuring cups
- ❖ Measuring spoons
- ❖ 1 large mixing bowl
- ❖ 1 wooden spoon
- ❖ Cooking spray
- ❖ Baking oven
- ❖ Baking pan
- ❖ Parchment paper or baking sheet
- ❖ 1 fork
- ❖ 1 spatula

## Ingredients:

- ❖ 1 cup flour
- ❖ 1 Tbsp baking powder
- ❖ 3/4 Tbsp sugar
- ❖ 1/4 Tsp salt
- ❖ 2 Tbsp margarine
- ❖ 1/4 cup water

---

## Directions:

- ① *\*Before class, prep ingredients for students\**  
Preheat oven to 425° F
  - ② Prepare baking sheet by greasing with margarine or placing parchment paper on top. Set aside.
  - ③ Mix flour, baking powder, sugar and salt in a large bowl with a wooden spoon.
  - ④ Work in margarine with a fork until mixture is crumbly.
  - ⑤ Place dough on floured surface, knead and shape into a ball.
  - ⑥ Flatten into a disc – 1 inch thick – and place dough on prepared baking sheet, evenly spread
  - ⑦ Bake at 425° F for 10-12 minutes, until lightly browned.
  - ⑧ Slice into wedges and enjoy! (Optional: Butter or jam to spread)
-