



Berry Bannock

Makes 12 child size servings

Preparation time: 20 minutes

Cooking time: 30 minutes

Preheat oven to 400°F

Potential allergens: milk, egg, wheat

Nutrition Information

Energy	112 calories
Total Fat	3 g
Saturated Fat	0.4 g
Sodium	14 mg
Carbohydrate	17.7 g
Fibre	1.7 g
Sugar	1.6 g
Protein	3.8 g

Equipment List

- Large Bowl
- Small Bowl
- Spoon
- Whisk
- Measuring cups and spoons
- Small clear glasses for serving



OVEN RECIPES

What You Need

INGREDIENTS	AMOUNTS	METRIC
All-purpose flour	2 cups	500mL
Whole wheat flour	1 cup	250mL
Oatmeal	1 cup	250mL
Egg whites	2	2
Vegetable oil	¼ cup	125mL
Milk	2 cups	500mL
Berries, frozen or fresh	1 cup	250mL

Instructions

- 1) In a large bowl, combine the all-purpose flour, whole wheat flour, and oatmeal.
- 2) In a small bowl, beat egg white, oil and milk together using a whisk or egg beater.
- 3) Mix the dry ingredients into the wet ingredients until everything is moistened.
- 4) Add berries and mix to combine.
- 5) Pour mixture into a greased 9 X 13 inch rectangular baking dish.
- 6) Bake for 25 to 30 minutes.

Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks