

Bannock

1 1/2 cups all purpose flour
1 1/2 cups whole wheat flour
2 tablespoons baking powder
1 1/2 tablespoons sugar
1/2 teaspoon salt
1/4 cup butter
3/4 cup water
3/4 cup milk

Preheat oven to 425 degrees F. Line a baking sheet with parchment paper or lightly grease baking sheet.

Measure flour, baking powder, sugar and salt into a large mixing bowl. Stir together well. Add butter and rub with your fingers until the butter is in very small pieces and mixture holds together like sand.

Combine water and milk and gradually add to the flour mixture until a dough forms. Gently knead the dough.

Gently pat the dough out to about 1/2" thick.

Place bannock onto baking sheets and bake for 12 to 15 minutes or until golden brown.

Makes 12 servings