





Oatmeal Bannock

From: **Healthy Food Guidelines for First Nation Communities**

 Yield: 50 servings

 Serving Size: 2" by 2" by 1" pieces

Ingredients

- 1500 ml (6 cups) whole wheat flour
- 1500 ml (6 cups) of all purpose flour
- 250 ml (1 cup) oatmeal
- 45 ml (3 tbsp) baking powder
- 250 ml (1 cup) vegetable oil
- 120 ml (½ cup) skim milk powder
- 1.5L (6 cups) water

Oven method

Step 1

Preheat oven to 190°C/375°F.

Step 2

In a large bowl, mix together flours, baking powder and powdered milk.

Step 3

Blend in vegetable oil until mixture looks crumbly.

Step 4

Add water and mix thoroughly. If the dough is too dry, add more water.

Step 5

Put into 2 large pans and pat out. Prick all over with a fork.

Step 6

Bake at 375 °F for about 45 minutes.

Bonfire Method: Prepare basic dough. Press dough into a ¼" rectangle. Cut in strips 1" wide. Wind the dough, spiralling around a stick about ½" thick. Holding the stick about 8" from the fire, rotate it slowly until the bannock is golden brown.

[BC Wildfire Services' campfire brochure](#) shares important reminders on safe campfire use.

HACCP

- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.
- Return all ingredients to refrigerated storage if preparation is delayed or interrupted.
- Hold cold items below 40°F or 4°C, and hot food items above 140°F or 60°C