

# Maple Bannock

Prep 10M | Bake 25M | Enjoy in 45M

You can eat bannock for breakfast with this classic-with-a-twist Indigenous recipe. This recipe uses the oven, but there's nothing like bannock over a warm fire! Try it on your next camping trip. This recipe is part of our August meal plan.

## INGREDIENTS

- ☐ 3 cups all-purpose flour
- ☐ 1 tsp salt
- ☐ 4 tsp baking powder
- ☐ ½ tsp baking soda
- ☐ 1 ¼ cups buttermilk
- ☐ 3 tbsp maple syrup
- ☐ ¼ cup salted butter, melted

## DIRECTIONS

1. Preheat oven to 350°F.
2. In a medium bowl, whisk together flour, salt, baking powder and baking soda.
3. In a small bowl combine buttermilk and maple syrup.
4. Make a well in the center of flour mixture. Add buttermilk mixture and melted butter and stir with a spatula just until combined. Using floured hands, gather dough into a ball.
5. Turn out dough onto a lightly floured surface and knead gently 8-10 times. Do not over-knead.
6. Pat dough into a flat circle ¾ inch thick.
7. Place on a parchment paper-lined baking sheet and bake, flipping once halfway through baking time, until lightly browned, about 25-30 minutes.
8. Transfer to a wire rack to cool.
9. Serve and enjoy!

## NUTRITIONAL FACTS

Serves 8

Nutritional analysis per serving: 266 calories, 8 g fat, 6 g protein, 43 g carbohydrate (42 g available carbohydrate), 1 g fibre, 705 mg sodium