

**Aunt Sophie's Bannock Recipe**  
via Rose Marie Jack Moreno

2 cups Flour  
2 cups Wholewheat Flour  
4 tablespoons Baking Powder  
1 teaspoon Salt  
2 teaspoons Sugar

1/4 cup Oil  
1 Egg  
2 Cups Warm Water

Mix dry ingredients together  
Add Egg & Oil in center  
Slowly pour in warm water  
Fold 2-3 times  
Make baseball size Balls into Rounds  
Dip in Flour & Flatten to 3/4 inch thick  
Cook in Medium heat Oil til nice & brown  
Turn & cook on other side  
Drain on towel  
Makes 6-12 depending on size

Enjoy!!



**Gluten Free & Vegan Version of Bannock**

Substitute Flour for **Gluten Free Flour**  
Substitute Egg for **Flegg** ( Flax Seed Version )

**Options ~**

I always add in **Sunflower seeds, millet, flax**  
for more texture & interest. Berries could be  
fun too!!

Want More Healthy Happy?  
Visit [cydneyamarwellness.com](http://cydneyamarwellness.com)

# THE BASICS OF BANNOCK ~ GRIDDLE BREAD