

## **Bannock**

*2 cups flour*  
*2 tsp brown sugar*  
*3 tsp baking powder*  
*½ cup shortening*  
*½ tsp salt*  
*¾ cup milk*

- *Mix dry ingredients together.*
- *Cut in the shortening.*
- *Stir in milk, just until moistened.*
- *Roll into a square about two inches thick.*
- *Bake in 350 degree oven for about ½ hour.*

***Make plain or add flavorings to suit: nuts, fruit, spices, sunflower seeds, dried berries, herbs, etc.***