

Eat Well, Live Long, Pass it on

Healthier Eating in the Home

Bannock Cooking Tips:

Blotting bannock with a paper towel can reduce fat.



Baked Bannock

(Cooked inside an oven)

1 teaspoons of Fat



Pan-Fried Bannock

(Cooked in just a little fat)

1 1/2 teaspoons of Fat



Deep-Fried Bannock

(Cooked in lots of fat)

2 teaspoons of Fat

That's twice as much fat as baked bannock!



* Per 100g Serving

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Nirittiarit, inuukhaarit, aallanut atuqulugu

*Nirittiangnabuarimun
Iglumigut*

Muqpauyaliungningmun

Ikayuutikhat:

Paniqtiiplurit muqpauyatin ughuiriami muqpauyat atughugit ivvutit kaqkiyautun ittunik



Igaaghimayut Muqpauyat

(Igaaghimayut irniqviup iluani)

1 Qaffinik aluutinin urquqaqpa



Hirratittiihimayut Muqpauyat

(Irrakittumi igahimayut)

1 ½ Qaffinik aluutinin urquqaqpa



Hirratittiihimaqyuaqtut Muqpauyat

(Irrakaqyuaqtumi igahimayut)

1 Qaffinik aluutinin urquqaqpa

Malruiktuqhimayut urquup aatjikutaa
irahimayuaq muqpauyaq irniqviup iluani!



* Per 100g Serving

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Healthy Bannock

Ingredients:

- 2 ½ cups all purpose flour
- ½ cup wheat bran
- 1 Tbsp baking powder
- 1 tsp salt
- 1 Tbsp sugar or Splenda (optional)
- ¼ cup vegetable oil
- 1 cup water & 3 Tbsp skim milk powder OR 1 cup skim milk

*** A handful of cranberries, raisins or dried fruit can be added for flavour and added nutrition.**

Directions:

1. Mix dry ingredients together.
2. Mix oil and prepared milk. Add to flour mixture.
3. Mix to make a soft dough
4. Knead gently five times.
5. Put on baking sheet sprayed with cooking spray. Flatten and shape into 1,9 inch piece.
6. Bake at 375° for 20 minutes. Cut into 16 pieces.



ᐸᑕᐳᓂᑦᑎᐳᑦ

ᐃᑕᑭᓂᑦᓂ:

- 2 ᐃᑦᓂᑦᑎᑦ ᐃᑕᑕ ᐃᑦᑕᑦᑭᑦ ᐸᑕᐳᓂᑦᑎᑦ
- ᐃᑦᑕᑦᑭᑦ ᐃᑦᓂᑦᑎᑦ wheat bran
- ᐃᑕᐳᑦ ᐃᑕᑦᑎᑦᐳᑦ ᐃᑕᑭᐳᑦ
- ᐃᑕᐳᑦ ᐃᑕᑦᑎᑦᓂᑦᑭᑦ/ᐃᑕᑦᑎᐳᑦ ᑕᑎᐳᑦ
- ᐃᑕᐳᑦ ᐃᑕᑦᑎᑦᐳᑦ ᑭᐳᑕᐳᑦᑭᑦᑭᑦ ᐃᑦᑕᑦᑭᑦ Splenda (ᓂᑦᐳᑕᑕᑦᑭᑦᓂᑦ)
- 1/4 ᐃᑦᓂᑦᑎᑦᐳᑦ ᐃᑦᑕᐳᑦ ᐳᑦᑭᑦᓂᑦ
- ᐃᑕᐳᑦ ᐃᑦᓂᑦᑎᑦ ᐃᑕᑕ ᐱᓂᑕᑦ ᐃᑕᑦᑎᑦᐳᑦ ᐸᑦᑭᑦᑭᑦ ᐃᑕᑭ ᐃᑦᑕᑦᑭᑦ ᐃᑕᐳᑦ ᐃᑦᓂᑦᑎᑦ ᐃᑕᑕᐳᑦᑭᑦᑭᑦᑭᑦ

* ᐃᑎᑕᑦ ᑕᑕᑦᑕᑕ
cranberries, ᐸᐳᑦᑕᑕᑦ
ᐳᑦᑕᑦᑭᑦᓂᑦ ᐸᑦᑭᑦᑭᑦᓂᑦ
ᑭᑦᑕᑦᑭᑦ ᐃᑕᑕᐳᑦᑭᑦᑭᑦᑭᑦᑭᑦ
ᑕᑕᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ
ᓂᑦᓂᑦᑎᐳᑦᑭᑦᑭᑦᑭᑦᑭᑦᑭᑦ.

ᑦᑭᑕᑕᐳᑦᑎᐳᑦᑭᑦᑭᑦᑭᑦ:

1. ᐸᑦᑭᑦᑭᑦ ᐃᑕᐳᑦᑎᑦᐳᑦ ᐳᑦᑭᑦᑭᑦ.
2. ᐳᑦᑕᑕᑕᑕᑦ ᐳᑦᑭᑦᓂᑦ ᐃᑕᑕ ᐃᑕᑕᐳᑦᑭᑦᑭᑦᑭᑦ. ᐃᑕᑕᐳᑦᑭᑦᑭᑦ ᐸᑕᐳᓂᑦᑎᑦᑭᑦ.
3. ᐳᑦᑭᑦᑭᑦ ᐸᑕᐳᓂᑦᑎᑦ ᐳᑦᑭᑦᑭᑦᑭᑦ.
4. ᑕᑦᑭᑦᑕᑕᑕᑕ ᑕᑕᑕᑕᑕᑕᑕ.
5. ᐃᑕᑕ ᐃᑕᑕᑕᑕᑕᑕ ᑕᑕᑕᑕᑕ ᑦᑭᑕᑕᑕᑕᑕᑕ ᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕᑕ
6. 20 ᑕᑕᑕᑕᑕᑕ ᑕᑕᑕᑕᑕ ᐃᑕᑕᑕ ᐃᑕᑕᑕᑕ 375°. ᐳᑦᑭᑦᑭᑦᑭᑦ 16ᑕᑕ.

Nirittiangnaqnam Tolunngit



Nirittiaminaqtut Muqpauyat

Muqpauyaliugiami Hapkuat Maliklugit:

- Malruungniq qallutinik aipaattauq avvuhimakaffuqtumik palauraqmik
- Atauhiq qallut avuata wheat bran-mik
- Aluut anggitqiaq puplaq
- Atauhiq aluut mikitqiamik tariuqmik
- Atauhiq aluut anggitqiaq sukamik
- Avuanit qalutip avuattauq iranggittauq qinipahimayuaq kihimi
- **Muqpauyaliugiami Hapkuat Maliklugit ????**

* **Algamun tighilutin cranberriesnik, raisinsnik, paniupahimayutlu hiingnaqtuutit iliugaiginnagialgitlu hiingnakughamik nirittiangnaqmanlu.**

Maliktaghat:

1. Ayaghaqlugit paniupahimayut.
2. Ayaghaqlugit irrat ittuqlu. Iliugailugit palauraqmun.
3. Ayaghaqlugu nirumiktumik palauraqariami.
4. Akutiqlutin talimanik.
5. Iliugailugu hivitunggittumik iravikhamun situngnaittumik illigilutin cooking spraymik. Attariklugu hivituvikhaanik 1,9 inchmik pilugit.
6. Irratiqtuqlugu 375° 20 minutesnik. Kipluiqlugit 16nik avruqagiani.