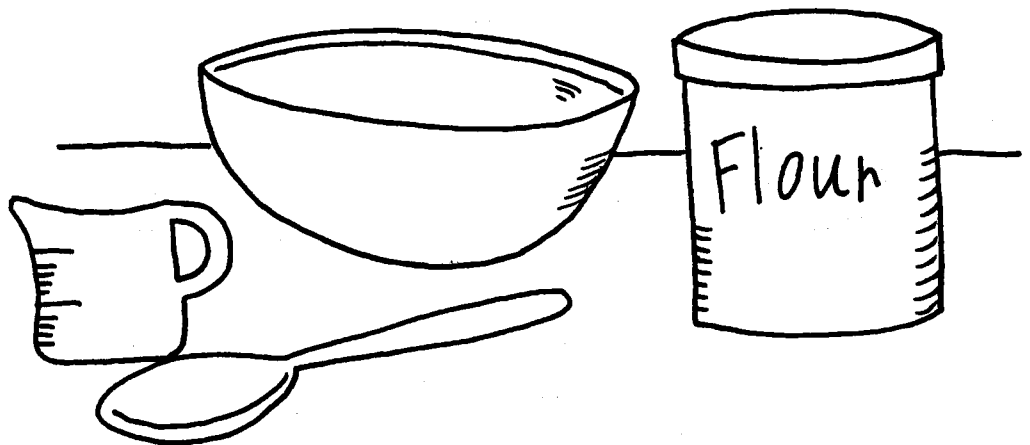


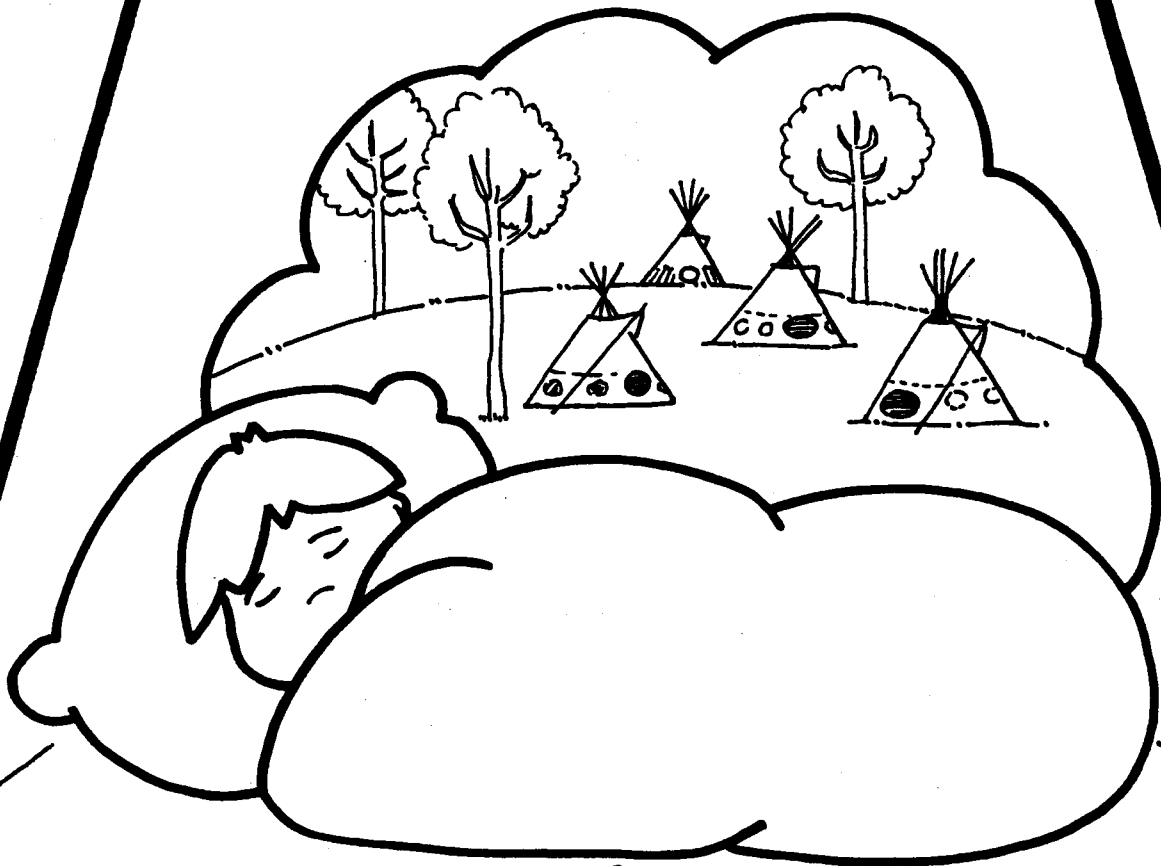
# Bannock

10 cups of flour  
3 Tbsp. baking powder  
1 Tbsp. salt  
1 Tbsp. sugar  
4 Tbsp. lard  
2 cups whole milk  
3 cups water.

1. Measure the flour into a big bowl.
2. Mix together with the next 4 ingredients.
3. Stir in milk and water.
4. Knead into a dough.
5. Lay out on a greased cookie sheet.
6. Bake at 375 degrees until brown on both sides.



I love to  
dream, inside  
my tipi.



5.

