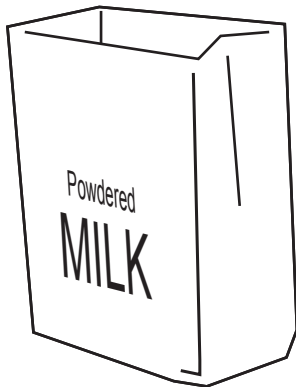


Dampers and Bannock Bread

You will need...

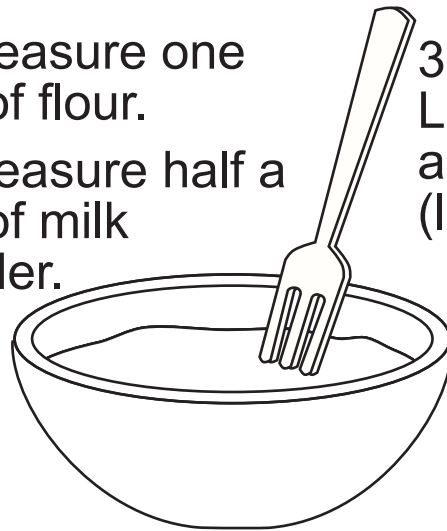
- Self raising flour
- Powdered milk
- Water
- oil for frying if you are making bannock

Add raisins or chocolate chips for sweet bread or cheese, mixed herbs, finely chopped onion for savory bread - experiment!



1. Measure one cup of flour.

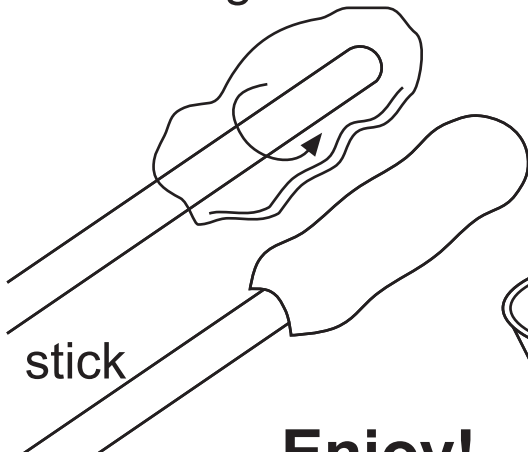
2. Measure half a cup of milk powder.



3. Add water a **LITTLE** at a time and mix into a dough (like playdoh!)

4. Add in any extras like chocolate chips raisins or cheese.

For Dampers
Form the dough around the end of a stick and hold over a camp fire to cook until golden brown.



For Bannock Bread
Form the dough into a round flat cake. Heat some oil in a pan and cook on both sides until golden brown.



Enjoy!