

Bannock and Berries



The Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup strawberries, blueberries or whatever you'd like - raisins, cranberries, dried fruits
- Water
- Oil, for frying or grilling

Directions

- Mix the dry ingredients and berries.
- Slowly mix in enough water to make a stiff dough.
- Roll it out (unrugged) or form it with your hands (rugged) and then either fry it in a bit of oil, bake it or you can even "GRILL IT!".
- Brush the grill with oil.
- Grill it over medium heat, lid down for about 5 minutes per side, tops.

**RECIPE FROM THE FOOD NETWORK;
COURTESY OF "RUGGED DUDE CARSON"**