

# SEEDY SAVOURY BANNOCK

Enjoy this oven-baked bannock recipe with savoury seasoning, Manitoba grown seeds and heart healthy canola oil.



Freezer Friendly



Vegetarian



Manitoba grown

Prep Time: 10 min Cook Time: 20 min Yield: 12 pieces

## INGREDIENTS

2 Tbsp hemp seeds	1 1/2 Tbsp baking powder
1 Tbsp ground flax seeds	1/2 tsp salt
1 Tbsp hulled sunflower seeds	1/2 tsp garlic or onion powder
1 Tbsp sesame seeds	1/3 cup canola oil
2 1/2 cups flour	3/4 cup water

## INSTRUCTIONS

- Preheat oven to 400°F (204°C) and lightly grease a baking sheet or 10 inch cast iron pan.
- In large bowl, mix seeds, flour, baking powder, salt and garlic or onion powder.
- Add canola oil and water. Stir until combined then knead gently by hand just to form a round ball.
- Place dough on baking sheet and flatten into a 25 cm (10") circle, about 2 cm (3/4") thick. Or pat into cast iron pan.
- If you wish, press a few extra seeds on top of the dough.
- Bake for 20 minutes until crust is light golden colour.
- Cut into 12 pieces and enjoy fresh out of the oven.
- Bannock is best enjoyed fresh.

Nutrients per serving: Calories: 170kcal | Carbohydrate: 20g  
Protein: 4g | Fat: 8g | Sodium: 210mg | Fibre: 1g

Nutrition information provided by Denise Aminot-Gilchrist, UM.  
Recipe developed by Professional Home Economist, Getty Stewart.

## WHY CHOOSE CANOLA?

Canola oil is the most commonly used culinary oil in Canada because it's...

- **Heart healthy** - low in saturated fat, free of cholesterol and high in Omega 3.
- **Heat stable** - smoke point ideal for sautéing, stir frying and deep frying.
- **Versatile** - light, mild flavour perfect for salad dressings, sauces, sautéing, cooking and baking.
- **Local** - a great way to support Canadian.

Did you know that the name canola comes from two words - Canada and ola (oil)? It is a true 'Made in Canada' innovation!

## DID YOU KNOW...

UM researchers are looking at the quality and quantity of protein in canola to see if it can be used for plant-based protein food products. To learn more, flip the page and visit [MAKEmanitoba.ca](http://MAKEmanitoba.ca).

# CANOLA

Can canola provide us with both heart healthy oil and plant-based protein extracts for food production? UM researchers are determined to find out.

## CANOLA - MORE THAN JUST OIL

Dr. Rob Duncan leads the UM Brassica breeding team in researching how to improve canola's protein quality and quantity for new plant-based protein food options.

In the plant science lab, the research team is evaluating canola meal (what's left after extracting oil) for its potential protein traits, the genes that are involved and how to control those traits while maintaining seed quality and agronomic performance.

In the food and human nutritional sciences lab, they're working with Drs. James House and Rotimi Aluko to explore these genetic variations and their impact on food quality, nutrition, digestibility and processing methods.

This multifaceted approach will help canola breeders develop varieties that meet the needs of producers, consumers and the food industry for high quality canola that can be used for both oil and protein extracts.

## UM A LEADER IN CANOLA RESEARCH

UM is a leader in canola research. In 1974, Dr. Baldur Stefansson registered the first canola cultivar. Drs. Vivian Bruce and Bruce McDonald were the first to establish the health benefits of canola oil. Today, UM researchers are continuing leading edge canola research in all areas.

## BREEDING FOR BETTER PROTEIN

Breeding for quality is focused on two seed storage protein types found in canola meal—cruciferin and napin.

**Cruciferin** is useful as a gel or emulsifier to bind food components. It could be beneficial in baking, sauces or meat substitutes.

**Napin** is useful for its solubility and foaming ability. This is useful for making light, smooth foods such as beverages, deserts and baking.

Improving the quantity and quality of these proteins, could make canola meal a valuable human food product. That means, in the future, we may be enjoying canola oil and canola protein based food products.

## DID YOU KNOW...

Canola farmers use integrated management to control diseases, pests and weeds, using chemicals only when necessary. Learn more at [MAKEmanitoba.ca](http://MAKEmanitoba.ca).