

Whole Wheat Irish Soda Bread

Yield: 15 servings, 1 slice per serving

Ingredients:

3 cups whole wheat flour
1 cup all-purpose flour
2 teaspoons salt
1 teaspoon baking soda
3/4 teaspoon baking powder
1½ - 2 cups buttermilk

Procedure:

Thoroughly combine dry ingredients; add 1½ cups of the buttermilk and mix into a soft dough. If mixture is too dry, add remaining buttermilk, as needed, 1/4 cup at a time. Knead dough 2 to 3 minutes until smooth (it will be stiff) and shape into a round loaf. Place on

about 120
calories and
less than
1 gram of fat
per slice

baking sheet or 8-inch round cake pan that's been buttered or sprayed with cooking oil. Cut a 1-inch deep cross in the top of the loaf and bake at 375 F for 35 to 40 minutes, or until tapping the loaf produces a thunk.

A serving of this bread contains about 3 grams of dietary fiber from the whole wheat flour, which is significantly more than what's contained in white bread.

NDSU Agriculture Communication



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