



## Whole Wheat Irish Soda Bread

2 cups whole wheat flour  
2 cups all-purpose flour, plus for dusting  
1 tsp. baking soda  
1 tsp. salt  
2 ¼ cups low-fat buttermilk

Preheat oven to 450°F. Coat a baking sheet with cooking spray and sprinkle with a little flour.

Whisk whole wheat flour, all-purpose flour, baking soda and salt in a large bowl. Make a well in the center of the mixture and pour in buttermilk. Using one hand, stir in full circles (starting in the center of the bowl and working towards the outside of the bowl) until all the flour is incorporated. The dough should be soft but not too wet and sticky. When it all comes together, in a matter of seconds, turn it out onto a well-floured surface. Clean dough off your hands.

Pat and roll the dough gently with floury hands, just enough to tidy it up and give it a round shape. Flip over and flatten slightly to about 2 inches. Transfer the loaf to the prepared baking sheet. Mark with a deep cross using a serrated knife and prick each of the four quadrants.

Bake the bread for 20 minutes. Reduce oven temperature to 400° F and continue baking until the loaf is brown on top and sounds hollow when tapped, 30 to 35 minutes more. Transfer the loaf to a wire rack and let cool for about 30 minutes.

**Yield:** one loaf (12 slices)

**Serving Size:** ¼ slice provides a grains/bread serving for children 3-5 years at breakfast, lunch/supper and snack

Credit: [http://www.eatingwell.com/recipes/whole\\_wheat\\_irish\\_soda\\_bread.html](http://www.eatingwell.com/recipes/whole_wheat_irish_soda_bread.html)

