

MULTIGRAIN IRISH SODA BREAD



HCC
WELLNESS
AT HOME



@utmhccwellness

INGREDIENTS

- 1 cup (250 mL) all-purpose flour
- 2 cups (500 mL) whole-wheat flour
- 2 teaspoons (10 mL) baking soda
- 1/2 teaspoon (2 mL) baking powder
- 1 Tablespoon (15 mL) sugar
- 1/4 teaspoon (1 mL) salt
- 1 1/2 cups (375 mL) dry rolled oats
- 3 Tablespoons (45 mL) millet
- 2 Tablespoons (30 mL) EACH cornmeal, ground flaxseeds, wheat bran
- 1/4 cup (60 mL) sunflower seeds, toasted
- 1 2/3 cups (400 mL) buttermilk
- 1 Tablespoon (15 mL) milk

TIPS

- You can make your own buttermilk by adding 1 Tablespoon of white vinegar or lemon juice to milk, let sit for 15 minutes
- If you don't have all the different grains, you can add extra oats
- The pan of water in the oven produces a chewy crust (omit if you prefer a crispier loaf)

INSTRUCTIONS

01

Preheat oven to 350 degrees F. Coat baking sheet with cooking spray or wipe with oil (to prevent sticking). Place a shallow pan filled with hot water on bottom rack of oven.

02

In a large bowl, sift together flours, baking soda, baking powder, sugar and salt. Stir in oats, millet, cornmeal, flaxseeds, wheat bran and sunflower seeds.

03

Add buttermilk; using clean hands, mix together to form a stiff dough (add a bit more milk if too dry). Shape dough into a round loaf (about 8"/20 cm across) and place on prepared sheet. Cut a large X into top of loaf. Brush top of loaf with milk.

04

Bake for 45- 50 minutes or until loaf is browned. Remove from sheet and cool on wire rack. Freezes well.