

Low Fat Irish Soda Bread



Ingredients:

- 1 ½ cups all-purpose flour
- 1 ½ cups whole wheat flour
- 1 ½ tsp baking soda
- 1 tsp salt
- 4 Tbsp sugar
- 1 ½ cups 1% buttermilk
- 3 oz (2/3 cup) raisins

Instructions:

1. Preheat oven to 375 degrees
2. Mix all dry ingredients (first 5)
3. Slowly add buttermilk stirring with a wooden spoon until a soft dough is formed.
4. Add raisins, knead the dough lightly on a sheet of wax paper or a floured surface for about one minute.
5. Form into a round, slightly flattened shape.
6. Place on a cookie sheet with a silicone baking mat or parchment paper.
7. Using a sharp knife, make an X at the top about ½ inch deep.
8. Bake about 40 minutes, until golden.
9. To test if its done, insert a toothpick into the bread, if it comes out clean, it is done.
10. Let the loaf cool on a bakers rack for 5-10 minutes prior to serving.