



Whole Wheat Irish Soda Bread

From Tufts University Health and Nutrition Letter, March 2011

½ cup raisins
½ cup brewed hot black tea or boiling water
2 teaspoons caraway seeds
1 cup whole wheat flour
¾ cup all-purpose flour plus more for dusting
¾ teaspoons baking soda
½ teaspoon salt
¾ cup low-fat buttermilk
2 Tbsp brown sugar
1 Tbsp canola oil

1. Preheat oven to 425 degrees. Coat a 9" pie pan or small baking sheet with cooking spray.
2. Put raisins in a medium bowl and pour tea or boiling water over them. Let sit for 10 minutes. Drain in a sieve, press out excess moisture.
3. Place caraway seeds on a cutting board and crush with the bottom of a pan to release their fragrance.
4. Whisk together flours, baking soda and salt in a large mixing bowl. Stir in raisins and caraway seeds. Combine buttermilk, sugar and oil in a glass measuring cup. Gradually add buttermilk mixture to flour mixture, stirring with a fork, until a slightly sticky dough forms.
5. Turn dough onto floured surface and knead several times. Form into a ball. Place in prepared pan. Flatten dough slightly to a height of 1 ½ to 2 inches. Dust lightly with all-purpose flour. With a serrated knife, make a criss-cross slash, ½ inch deep, on top of loaf.
6. Bake till loaf is golden brown and sounds hollow when you tap the bottom, 25 to 30 minutes. Transfer to a wire rack and cool slightly before slicing.

Yield: 8 slices

Nutrition information:

Calories: 160	Total fat: 2g	Saturated fat: 0 g
Cholesterol: 1mg		Sodium: 291 mg
Carbohydrates: 32g	Fiber: 3g	Protein: 4g

Variations:

Flax Seed: reduce whole wheat flour to ¾ cup and add 1/3 cup ground flaxseeds to flour mixture. Substitute 1 ½ teaspoons grated orange zest for caraway seeds.

Oatmeal: reduce whole wheat flour to ¾ cup and add 1/3 cup old fashioned rolled oats to flour mixture. Substitute 1 ½ teaspoons freshly grated orange zest for caraway seeds.