

#2 WHOLE WHEAT SODA BREAD

INGREDIENTS

4 cups whole wheat flour (or use 2 cups all purpose flour & 2 cups whole wheat flour)
3 teas baking powder
1 teas baking soda
1 teas salt
¼ cup butter (4 TB) or applesauce
1 ¼ cups raisins or currants
1 egg beaten
1 ¾ cups low fat buttermilk or substitute 1 ½ cup plain yogurt and ¼ cup milk
1 TB molasses or 1 TB honey

DIRECTIONS

1. In a big mixing bowl, combine flour, baking powder, soda and salt.
2. Cut in butter until it reaches a coarse meal consistency. (Can use knives or fingers).
3. Add raisins.
4. Combine liquids separately. Add liquids to dry ingredients.
5. Mix until a soft dough forms. At some point it will become hard to stir it and it will be better to use your hands. Kneading the dough is the best way to combine all the ingredients completely. Knead it gently until it is smooth (about 3 minutes). You can knead it in the bowl.
6. Shape the dough into 2 balls and place them on a greased cookie sheet. Flatten each ball slightly and cut an X about 1/4" deep in the top of each loaf.
7. Bake at 375 degrees for 35 minutes.
8. Cool on a rack.