

WHOLEMEAL SODA BREAD



This quick and easy no-prove soda bread is a great way to switch your bread from processed loaves and packs in 4 grams of fibre per slice!

For extra flavour, try adding chopped nuts or grated cheese to your soda bread

You can substitute the yoghurt for 285ml buttermilk or 200ml milk (dairy or alternative) plus 1 tablespoon of lemon juice!



Skills Check: Follow a recipe, follow food safety & hygiene rules, tidy away, measure out ingredients, mix ingredients and form a dough

Equipment: Large mixing bowl, weighing scales, teaspoon measure, greaseproof paper, knife, cardboard box to take the dough home to bake / baking tray

Allergens: Gluten (wheat) | Milk | Sesame

Ingredients (makes one loaf, approx. 8 slices):

- 350g wholemeal plain flour
- 1 teaspoon bicarbonate of soda (also known as baking soda)
- ½ teaspoon salt
- 350g plain natural yoghurt
- 30g mixed seeds (any combination of flax, chia, pumpkin, sunflower, sesame, poppy) [optional]

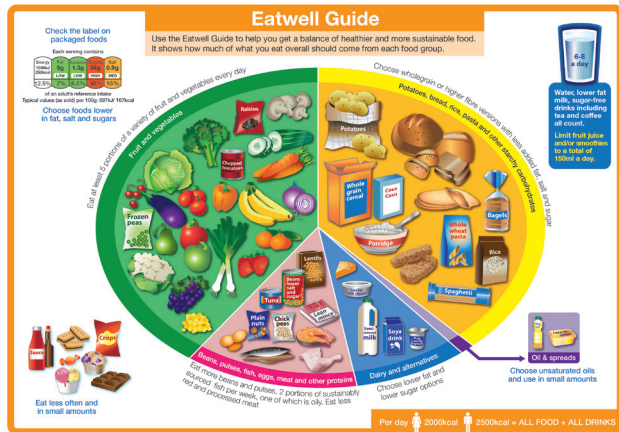
Method

1. Preheat your oven to 220C /200C fan /gas mark 7
2. Dust your greaseproof paper with a little flour
3. In a large mixing bowl, measure out all the dry ingredients and mix together
4. Mix in the seeds if using.
5. Pour the plain yoghurt into the dry ingredients and stir to combine
6. Form a ball with the dough using your hands. If it's too dry, add a splash of water. If it's too wet, add more flour
7. Roll the dough into a ball and place on the greaseproof paper
8. Flatten the loaf a little then cut a deep cross into it. The cross should go almost to the bottom of the loaf so it cooks more evenly
9. Sprinkle the mixed seeds over the top if using
10. Transfer with the greaseproof paper to a baking tray
11. Bake for 30-35 minutes until cooked all the way through and golden on top
12. Enjoy warm or keep in an airtight container

Top Tip: Soda bread doesn't stay fresh for long so use it as toast after a few days or freeze it for later

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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Wholemeal Soda Bread..

Wholemeal bread, is a good source of complex carbohydrates which gives us energy. Wholemeal breads contain more fibre than white.



Plain natural yogurt, is an excellent source of calcium, and a good source of vitamin D for strong teeth and bones.

Energy, sugar, fat and salt per serving

Per slice (92g)

ENERGY
823kJ / 195kcal

LOW

FAT
2.6g

LOW

SATURATES
0.4g

LOW

SUGARS
2.4g

MED

SALT
0.48g

% of an adult's reference intake

Typical values per 100g : Energy 897kJ / 212kcal

Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage