

Lowfat Irish Soda Bread

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This St. Partrick's Day recipe was handed out at my WW meeting!

Serves 15, 4 points per slice on all plans

- 1 1/2 cups all purpose flour
- 1 1/2 cups whole wheat flour
- 1 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1 1/2 cups 1% buttermilk ***see note below
- 2/3 cup raisins

1. Preheat oven to 375
2. Mix all dry ingredients (first 5) in a large bowl with a whisk.
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 1 minute
5. Form into a round, slightly flattened shape.
6. Place on a cookie sheet with parchment paper or silicone baking mat.

7. Using a knife, make an X at the top about 1/2" deep.

8. Bake about 40 minutes, until golden.

9. Let cook on rack for about 5-10 minutes before serving.

***To make your own buttermilk, add 2 Tbsp vinegar to 1 1/2 cups of 1% milk. Stir and let sit for 5 minutes.