

# Soda Bread

This tasty recipe has been put together by Rebecca, our Healthy Habits Coordinator. For more great health and wellbeing tips from the Healthy Habits team, call us on 0191 280 8484 or email [Rebecca.Williams@ageuknorthtyneside.org.uk](mailto:Rebecca.Williams@ageuknorthtyneside.org.uk).

*This is a great recipe to make if you're in a hurry but you'd still like to have a go at baking some bread! It is super quick, super easy and super cheap - it really does only take 5 minutes to put together!*

## Ingredients

- 450g plain white or wholemeal flour (this will give you a higher fibre option)
- 1 tsp. bicarbonate of soda
- 1 tsp. salt
- 1 tsp. caster sugar
- 1 egg
- 370ml milk plus the juice of half a lemon
- Any added extras: nuts, seeds, raisins, cranberries, a few porridge oats

## Method

1. Preheat Oven to 220°C (425°F), Gas mark 7.
2. Add all your dry ingredients to a large bowl (excluding the oats, if using).
3. Warm the milk until it is hand hot and then add the juice of the lemon to sour the milk (it will go lumpy and this is what you want!)
4. Add the egg and the milk to the dry ingredients and stir until the dough comes together.
5. Pat the dough together and form a round. Place on your baking tray lightly dusted with flour and sprinkle with oats, then cut a deep cross in the middle of the loaf.
6. Bake in the oven for 10 minutes, then reduce the temperature to 200°C (400°F), Gas Mark 6 and bake for a further 30-35 minutes.
7. Cool on a wire rack. It's great still warm with soup! It also makes delicious toast.

