

Tony's Soda Bread

Ingredients:

Juice of 1 lemon

400ml whole milk

500g wholemeal flour + extra for dusting

1 tsp bicarbonate of soda

1 tsp salt

2 tsp runny honey

Method

Preheat your oven to 190 Celcius.

Pour the milk into a jug or a bowl and add the juice of the lemon. Mix for about 30 seconds and then leave for 1 minute.

Into another bowl, put the flour, bicarbonate of soda and salt and mix well.

Add 2 tsp of the honey to milk and lemon mixture. Mix well.

Pour the milk mixture into flour mixture and using a knife, mix well until all ingredients are combined together.

Dust a chopping board with some extra flour and place the dough on it. Using your hands, shape the dough into a ball. Using a sharp knife, cut across the bread (shallowly).

Dust a baking tray with a small amount of flour and place the bread on it. Put in the preheated oven for about 40 minutes.

Let the bread cool before serving.

What can I have this with?

For a balanced and nourishing diet it's important to include all food groups; Carbohydrates, protein and healthy fats. The soda bread gives you a good amount of carbohydrates so your fillings should be protein rich! We have listed below some delicious combinations for you.

If you or someone you look after has a low appetite, they have been losing or their body weight is low, it's important to have extra protein and extra fat in the diet.

Filling Ideas

Egg mayonnaise and baby cress - BLT (Bacon, lettuce, tomato, chutney) – sour cream and avocado and chives – coleslaw and cherry tomatoes – tuna mayo and cucumber - coronation chicken and baby leaves – cream cheese, salmon and rocket