

IRISH SODA BREAD

Makes: 1 serving



PREP TIME: 10 minutes

TOTAL TIME: 55 minutes

INGREDIENTS

- 3 tablespoons butter or margarine, softened
- 2½ cups Gold Medal® all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ⅓ cup raisins, if desired
- ¾ cup buttermilk

PREPARATION

1. Heat oven to 375°F. Grease cookie sheet.
2. Cut butter into flour, sugar, baking soda, baking powder and salt in large bowl, using pastry blender or crisscrossing 2 knives, until mixture resembles fine crumbs. Stir in raisins and just enough buttermilk so dough leaves side of bowl.
3. Turn dough onto lightly floured surface. Knead 1 to 2 minutes or until smooth. Shape into round loaf, about 6½ inches in diameter. Place on cookie sheet. Cut an X shape about ½ inch deep through loaf with floured knife.
4. Bake 35 to 45 minutes or until golden brown. Brush with butter or margarine, softened, if desired.

NUTRITION

Per serving (1 slice): 110 calories; 3 g total fat; 2 g saturated fat; 240 mg sodium; 19 g total carbohydrate; 1 g dietary fiber; 3 g protein

Link: <http://www.bettycrocker.com/recipes/irish-soda-bread/30720399-c19a-48c9-9798-a8185cd7f85a>



AN INDEPENDENT HEALTH FOUNDATION PROGRAM