



Ballybrado Organic Multi-seed Soda Bread

Ingredients

160g Ballybrado Organic Coarse Whole Wheat Flour

160g Ballybrado Organic Fine Whole Wheat Flour

80g Ballybrado Organic Standard Oat flakes

50g mixed seeds (e.g. chia, sunflower, pumpkin, sesame, linseed)

5g baking soda

5g salt

400g buttermilk

Method

1. Preheat oven to 200°C fan.
2. Mix all dry ingredients in a large bowl.
3. Add buttermilk and mix well until all ingredients are combined.
4. Fill dough into a greased 1lb tin and bake in middle of oven for 45 mins. or until bread sounds hollow when tapped on bottom.
5. Remove from tin and leave to cool on wire rack.