

## Irish Brown Soda Bread

Here's a rough, craggy Kinetix version of everyone's favourite snack: Irish Soda Bread. Full of sweet currants and aromatic caraway, this soda bread is also full of healthful whole grains like whole wheat flour and toasted wheat germ.



Prep Time: approx. 15 Minutes.

Cooking Time: 30 Minutes

Servings: 16

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1 cup	bread flour	240 ml
1 cup	white whole wheat flour	240 ml
1 cup	soy protein powder	240 ml
1/2 cup	wheat gluten flour	120 ml
1/4 cup	toasted wheat germ	60 ml
1-1/2 Tbsp	caraway seeds	22 ml
1 Tbsp	sugar	15 ml
1-1/2 tsp	baking soda	7 ml

1/2 tsp	table salt	2.5 ml
1/3 cup	dried currants	80 ml
1-3/4 cups	low-fat buttermilk	420 ml
3 Tbsp	unsalted butter	45 ml

## Directions

- 1 Preheat the oven to 425°F. Line a large baking sheet with parchment or use a silicon baking sheet.
- 2 Whisk together the flours, soy protein, wheat gluten, wheat germ, caraway seeds, sugar, baking soda, and salt in a large mixing bowl. Stir in the currants. Melt 2 tablespoons of the butter and whisk into the buttermilk along with 1/2 cup water. Pour into the flour mixture and mix just until mixture is moistened but still lumpy, adding a few tablespoons of water if the mixture seems too dry.
- 3 Turn dough onto a lightly floured board and gently knead about 8 times until the dough comes together. Halve the dough and form into two balls.
- 4 Pat out each ball into a domed 6-inch round on the baking sheet, spacing them 4 inches apart. Cut a large 1/2 inch deep X in top of each loaf. Melt the remaining tablespoon of butter and brush the loaves with the butter.

- 5 Bake until golden brown and bottoms sound hollow, about 30 to 35 minutes. Cool on a rack for 2 hours before slicing.

**Information per serving:**

K-Count: 2

Calories: 145

Protein: 11.3 g

Carbs: 18.5 g

Fat: 3.1 g

*Recipe courtesy of Kinetix*