

## Soda Bread

150 gr plain flour or gluten free  
50 gr oats (gluten free available)  
3 teasp. dark brown sugar  
1 teasp. salt  
1 teasp. bicarb of soda  
4 teasp. sesame seeds / poppy  
seeds (optional)  
350 ml natural yoghurt / vegan  
equivalent

### **Gluten Free**

add 1 teasp. Xanthum gum

Place all ingredients into a large bowl and mix with a wooden spoon or on a machine. Grease two loaf tins or a baking sheet. Take the dough which may be a bit sticky and place in tins. Top with some extra oats.

Bake in oven 20 – 25 minutes 220°C, gas 6  
You can also make rolls, which only take about 15 minutes to cook.

Some suggestions to vary the recipe: add chopped fresh herbs, grated cheese, dried onion flakes, black olives, raisins, chocolate drops.

This is a very easy recipe to make with children and have fun with flavourings. Serve sliced with butter.

