

## **Irish soda bread**

3 cups whole wheat flour  
1 tsp baking soda  
1 tbsp baking powder  
1 1/2 tsp salt  
1 3/4 cups buttermilk  
2 eggs  
3 tbs canola oil

Preheat the oven to 325 degrees F.

When the oven is hot, mix the dry ingredients in a large bowl and make a well in the middle of the mixture.

In a separate bowl mix together the buttermilk, eggs and oil.

Pour the liquid mixture into the well in the dry ingredients and combine quickly and lightly into a batter. Do not overmix.

Oil and flour a standard loaf pan, or line with parchment paper or it will be very difficult to get the loaf out of the pan. Spoon into the pan and smooth the top.

Bake for 70 to 80 minutes, or until a toothpick inserted in the centre comes out clean.