



John's Soda Bread

Recipe from *LIVE LIFE COOK* by Aveo's Executive Chef John Casey

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SERVES: 6 PREP TIME: 10 MINS COOKING TIME: 10 MINS

INGREDIENTS

400g wholemeal flour
¼ cup rolled oats
2 tsp bicarbonate of soda
2 tbs pumpkin seeds
2 tbs sunflower seeds
2 tbs chia seeds
80g chopped walnuts
½ tsp salt
350ml buttermilk
2 tbs olive oil
1 tbs rolled oats or seeds

METHOD

Pre-heat oven to 200°C.

Add the flour, oats, bicarb, seeds, walnuts and salt to a large mixing bowl and stir.

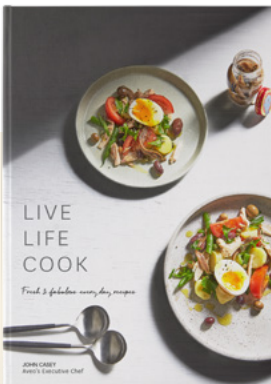
Make a well in the centre and pour in the buttermilk and olive oil, mixing quickly to form a soft dough. If the dough is too stiff, you may need to add a little more milk, making sure it does not end up too wet or sticky.

Tip onto a lightly floured surface. Knead briefly.

Shape into a round ball, flattening the dough slightly before placing on a lightly floured baking sheet.

Sprinkle loaf with rolled oats or seeds before baking.

Cut a cross on the top and bake for about 30 minutes, or until the loaf sounds hollow when tapped. Cool on a wire rack.



LIVE LIFE COOK

Fresh & fabulous every day recipes

By Aveo's Executive Chef **JOHN CASEY**

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