



Six-Seed Soda Bread

Makes 1 loaf ~ \$6.30 (Can cost less using fewer seed types)

Ingredients

- 2 1/2 tablespoons EACH sunflower seeds, pumpkin seeds, sesame seeds, flax seeds, chia seeds
- 1 teaspoon fennel seeds
- 1 3/4 cup whole wheat flour
- 2 cups spelt flour
- 2 teaspoons baking soda
- 1 teaspoon fine grain sea salt
- 1 3/4 cup kefir or buttermilk
- A bit of extra kefir for the top

Directions

1. Preheat oven to 400 degrees or 425 degrees at high altitude.
2. Combine seeds in a small bowl and set aside.
3. Add flours, baking soda, and salt to a large mixing bowl. Stir in all but 2 tablespoons of seeds.
4. Make a well in flour, pour in buttermilk, and stir until the dough just comes together. If you need to add an extra splash of buttermilk because the dough is too dry, you can..
5. Put dough onto a lightly floured work surface and knead lightly for about a minute to pull it together to a loose ball. Flour top and bottom.
5. Place dough on a lightly floured baking sheet, form into an 9-inch circle, and mark it with a deep cross across the top, cutting two-thirds of the way through the loaf with a serrated knife.
5. Brush with kefir and sprinkle with remaining seeds.
5. Bake 35-40 minutes, or until the bread is golden crusted on top and bottom.

Recipe adapted from 101cookbooks.com by Sharon Crayton

More tips & recipes at www.localorganicmeals.com