



Wilton Soda Bread

Ingredients

200g (7 ounces) Wilton Windmill wholemeal flour
250g (9 ounces) strong white flour
350ml (half pint) mixed milk and water
1 x 15ml (tablespoon) plain natural yoghurt (Yeo Valley is good)
1 x 10ml (dessert spoon) soft brown sugar
1 x 2.5ml (half teaspoon) salt
2 x 5ml (teaspoon) baking powder
1 x 5ml (teaspoon) bicarbonate of soda

Method

Heat the oven to 220 degrees C, 425 degrees F, gas mark 7.
Grease a baking tray.
Mix all the dry ingredients together in a bowl.
Dissolve the sugar into the milk and water mixture and stir in to the dry mixture.
Knead briefly and divide into 2 rounds.
Place the rounds on a baking sheet and cover with cake tins.
Bake for 30 minutes.
Remove the covers and bake for a further 8 to 12 minutes.
Cool on a wire tray before eating.