

# Saint Patties Soda Bread

4 cups whole wheat flour  
1 cup bread flour  
1/3 cup rolled oats  
1 teaspoon baking soda  
1 teaspoon salt  
2 1/2 cups buttermilk

1. Preheat oven to 425 degrees.
2. Spray two baking sheets with non-fat cooking spray.
3. In a large bowl, stir wheat flour, white flour, oats, baking soda and salt together.
4. Stir in the buttermilk and gently mix until a soft dough is formed.
5. Knead very lightly. Divide dough into 4 pieces, form into rounded flat loaves.
6. Mark each loaf with an 'X' and place on prepared baking sheets.
7. Bake in preheated oven until golden brown, about 30 to 45 minutes.

Servings 12. Per serving: Calories 214, Protein 9g, Fat 2g, Sodium 355mg, Cholesterol 2mg, Carbohydrates 43g, Fiber 6g.
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