

VEGAN IRISH SODA BREAD From Ireland

From Frances Micklem – Energy Healing for Heart & Home

2 lbs. dry ingredients

1.5 lbs spelt flour

0.3 lbs. rye flour

Handful wheat germ

Handful wheat bran

2 spoons baking powder

2 spoons molasses (spoon heated with boiling water and molasses diluted in a little boiling water to mix in)

1 spoon baking soda

1 litre of hazelnut, almond, soya milk or water

Topping: Sunflower seeds and Pumpkin seeds

Spread dairy free margarine on three bread tins and then dust with flour.

Divide out the mixture and sprinkle sunflower seeds and pumpkin seeds on the top.

Cook for 50 minutes.

Get out of the tins and put back in upside down for 10 minutes.

Convection baking will be quicker.

Yield: 1 large loaf

Adapted Recipe from Original Irish Soda Bread from Ireland – using US measurements

HARMONY HALL'S IRISH SODA BROWN BREAD (Vegan Style)

1 Tablespoon olive oil

3 cups spelt flour

1/2 cup rye flour

1/4 cup raw wheat germ

1/4 cup natural wheat bran

2 Tablespoons aluminum free baking powder

1 Tablespoon baking soda

1 teaspoon salt

1/4 cup natural unsulphured molasses

2 Tablespoons hot water

2 cups almond or soya milk

3/4 cup currants or chopped raisins

2 Tablespoons raw sunflower seeds

2 Tablespoons unsalted pumpkin seeds

Grease a large loaf pan with olive oil; set aside. Preheat oven to 350 degrees F.

In a mixing bowl, combine spelt flour, rye flour, wheat germ, wheat bran, baking powder, baking soda, and salt.

In a small bowl or cup, mix molasses with hot water. Add molasses mixture and almond milk to the dry ingredients in the mixing bowl. Beat until a soft dough forms. Stir in currants.

Place into prepared loaf pan evenly. Sprinkle the top with sunflower seeds and pumpkin seeds.

Bake in preheated 350 degrees F. for 45 to 50 minutes; remove bread from oven. Remove bread from loaf pan; put bread back in pan upside down. Return to oven; bake 10 more minutes. Remove from oven and loaf pan. Set aside on cooling rack. Cool completely. Serve in slices. Yield: one large loaf