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Whole-Wheat Irish Soda Bread Rolls

Makes approximately 6 rolls. Recipe adapted from AARP.

Ingredients

1 cup + 1 tablespoon whole-wheat flour, + more for dusting
1 cup plus 2 tablespoons all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup buttermilk (see Tip)
1/2 cup reduced-fat milk plus 1 tablespoon, divided
2 teaspoons honey
2 teaspoons chopped fresh thyme
2 tablespoons old-fashioned rolled oats

Nutritional info per serving

Calories:	106
Total fat:	1g
Cholesterol:	3mg
Sodium:	331mg
Total Carbs:	20g
Dietary Fiber:	2g
Protein:	5g
Potassium:	143mg

Directions

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper or a nonstick baking mat.
3. Whisk whole-wheat flour, all-purpose flour, baking soda and salt in a large bowl. Whisk buttermilk, 1/2 cup milk, honey and thyme in a medium bowl. Add the wet ingredients to the dry ingredients and stir until the dough comes together.
4. Dust a clean work surface with whole-wheat flour. Turn the dough out and gently knead with barely damp hands just a few times until smooth. Divide the dough into 6 equal pieces and shape each into a 2- to 2 1/2-inch round about 1 inch thick. Place on the prepared baking sheet about 1/2 inch apart. Brush with the remaining 1 tablespoon milk and sprinkle with oats, pressing on them lightly to adhere.
5. Bake the rolls until golden brown on the bottom and a skewer inserted in the center comes out clean, 20 to 25 minutes. Serve warm.

Tips

- No buttermilk? You can make “sour milk” as a substitute: mix 1 tablespoon lemon juice or vinegar to 1 cup nonfat milk; let stand for about 10 minutes before using.
- To make ahead: Store airtight for up to 1 day; reheat in a warm oven.