



## Walnut Soda Bread

100g spelt  
150g white flour  
2tsp baking powder  
150ml buttermilk or yogurt/water  
80g walnuts  
1 generous tbsp honey  
5g salt

Pre heat oven to 200C

Lightly mix dry ingredients with liquid and honey and form into rough round. Place on floured baking tin. Press lightly until approx. 5cm high. Mark with deep cross (almost cut through).

Sprinkle with flour and bake for approx 20 mins or until golden brown and when lightly tapped on the underside, sounds hollow.

Very good served warm with unsalted butter and cheese.

### Variations

add handful of oats

add handful of wild garlic blitzed with buttermilk (Jamie Oliver)

