

Green Soda Bread

Serves: 10
Prep: 15 mins
Cook: 25-30 mins

Dietary: VEG, EF, NF
Age group: 12 months+
Difficulty level: Beginner

Green Soda Bread



Vegetarian



Egg-Free



Nut-Free

Ingredients

- 2 cups (250g) wholemeal flour
- 1 cup (125g) plain flour
- 1 tsp (4g) baking soda
- 1 tsp (4g) sea salt
- 1 ½ cups (375ml) plain natural yoghurt or buttermilk
- 1-2 tsp (4g) green powder (spirulina or wheatgrass)
- 1 tbsp (7g) honey or maple syrup (optional)

Topping:

- 1 tbsp (10g) sunflower or pumpkin seeds (optional, for crunch)

Method

1. Preheat the oven to 200°C and line a baking tray with baking paper.
2. In a blender, combine spinach, herbs, and yoghurt (or buttermilk).
3. Blend until smooth and bright green.
4. In a large bowl, whisk together the wholemeal flour, plain flour, baking soda, and sea salt.
5. Pour the green mixture into the dry ingredients.
6. Stir gently until it forms a slightly sticky dough.
7. Transfer to a lightly floured surface and gently knead for about 30 seconds (don't overwork it!).
8. Shape into a round loaf and place on the prepared tray.
9. Top loaf with seeds if using.
10. Use a sharp knife to cut a deep cross on top—this helps it bake evenly.
11. Bake for 25-30 mins, until golden and hollow sounding when tapped on the bottom.
12. Let cool on a wire rack before slicing.

Serving Suggestion: Enjoy warm with butter, avocado, or cream cheese. Serve alongside soups or dips for a festive snack. Cut into shamrock shapes for added fun!

Storing leftovers: Store in the fridge for up to 7 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:**
For a dairy-free version: Swap yoghurt with coconut, oat or soy yoghurt.
For a gluten-free version: Swap wholemeal flour and plain flour with a gluten-free flour blend.
- ✓ **Baby-friendly version:**
Leave out honey and serve mashed or in finger food-sized pieces.