

Irish Brown Bread

Ingredients:

2 cups all-purpose Flour
4 tbsp Sugar
2 tsp Baking Powder
2 tsp Baking Soda
1 tsp Salt
3 tbsp cold Butter
4 cups whole-wheat Flour
½ cup regular or quick-cooking rolled Oats
3 cups plain nonfat Yogurt
Milk

Directions:

In a bowl, mix all-purpose flour, sugar, baking powder, baking soda, and salt.
With a pastry blender or 2 knives, cut in butter until mixture forms fine crumbs.
Stir in whole-wheat flour and oats.
Add yogurt; stir gently.
If mixture is too dry to hold together, stir in milk, 1 tsp at a time, just until dough holds together; it should not be sticky.
Divide dough in half.
Turn dough onto a lightly floured board and knead gently 5 times to make a ball.
Set on a lightly greased baking sheet.
Pat into a 7" circle. With a floured knife, cut a large X on top of each loaf.
Bake in a 375° oven until well browned, about 40 minutes.
Cool on a rack. Serve warm or cool.