



Dr. Katie DeGroot

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Asia's Baking Soda Bread

Dry ingredients

- 1 cup flour
- 2 tsp baking soda
- 1 tsp salt
- Your choice of spices
 - +/- ½ tsp red chili flakes, ½ tsp paprika, or a pinch of cayenne for spicy bread
 - +/- ½ tsp dill, oregano, marjoram, thyme or rosemary for hints of Italy
 - +/- ½ tsp dry onion, garlic or chives for garlic/onion bread

Wet ingredients

- ¼ cup butter, softened
- 100 mL milk

Cooking instructions

1. Mix dry ingredients together
2. Add in butter and blend thoroughly, either with your hands or a blender or stiff spatula
3. Add milk, mix well
4. Roll dough out on greased or lined cookie sheet
5. Bake at 375 F for 10 to 20 minutes (depending upon thickness) or until crust is golden brown