Soda Bread with Beetroot and Roasted Seeds

Season: Spring
Type: Bread
Difficulty: Medium
Recipe Source: joclarkcooking
Fresh from the garden: beetroot

### Equipment:
- Scales
- Measuring jug
- Tablespoon
- Teaspoon
- Peeler
- Grater
- Knife
- Chopping board
- Baking tray

### Ingredients
- 450 grams plain flour
- 320 ml natural yoghurt
- 80 ml milk
- 5 heaped tablespoons mixed sunflowers and pepitas
- 1 heaped teaspoon bi carb soda
- 1 level teaspoon salt
- 1 tablespoon olive oil
- 2 small beetroot

### What to do:
- Pre-heat the oven to 200*c
- Lightly oil a baking tray.
- Dry toast the seeds in a non-stick frypan
- Peel and coarsely grate the beetroot
- Place all the dry ingredients into a large mixing bowl.
- Add the beetroot, yoghurt, milk and olive oil, mix well to form a soft dough.
- Add a little extra milk if the dough is too dry.
- Lightly flour the table and tip dough out.
- Knead lightly and shape into a round loaf.
- Place onto prepared tray and score the top with a sharp knife.
- Bake until golden brown.