



Irish Soda Bread with Bing Cherries & Cinnamon

A not too sweet dense bread that is wonderful to serve for breakfast. The dried Bing cherries are an unexpected flavor that blends beautifully with the caraway seeds.

Ingredients	Per-Serving Nutritional Data
<ul style="list-style-type: none">• 1 1/2 cups non-fat milk• 4 1/2 teaspoons white vinegar• 4 cups flour• 5 ounces dried Bing cherries, coarsely chopped• 1/3 cup sugar• 1 1/2 teaspoons baking soda• 2 tablespoons caraway seeds• 1/2 teaspoon ground cinnamon	<ul style="list-style-type: none">• Servings per recipe: 20• Per slice:• Calories: 130• Total Fat: 0.31g• Saturated Fat: 0.06g• Percentage of Calories from Fat: 2%• Cholesterol: 0mg• Sodium: 111mg• Carbohydrates: 28g• Protein: 3g

Preheat oven to 350 degrees. Spray two 4 x 8-inch loaf pan with non-stick cooking spray, set aside. Mix together milk and vinegar, set aside.

In a large bowl combine remaining ingredients and make a well in the center. Add milk and vinegar mixture. Mix with hands until dough is formed and turn out onto floured board. Knead until dough is soft and well blended. Shape into two 8-inch long loafs. Slice diagonal vents on top. Place into pans. Bake for 45 minutes. Yields 20 slices (10 per loaf).

Note 1: Chopping the dried cherries is made easier by coating them in a small amount of flour.

Note 2: This recipe gives instructions for preparing dough by hand. If you have a bread machine or mixer with a dough hook attachment. Process recipe as directed with your machine.