

## QUICK SODA BREAD

Serves 8  
Per serving: 159 calories, 0.8g fat  
Prep time: 20 mins  
Cook time: 35 mins

## INGREDIENTS

350g strong white flour  
100g wholemeal flour  
1 tsp salt  
4 tsp baking powder  
3 tbsp low-fat yogurt  
300ml tepid water

## METHOD

1. Place the onions in a large pan with a little vegetable stock and sweat the onions until soft.
2. Add the garlic and thyme. Sprinkle the flour over and mix well. Season with black pepper, and cook for a moment or two to 'cook out' the flour, stirring continuously.
3. Gradually add the remaining stock, stirring well, and bring to the boil and simmer for 10 minutes.
4. Just before serving, sprinkle with the parsley and serve with toasted wholegrain bread.

