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Sprouted Spelt Irish Soda Bread

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3 cups sprouted spelt

½ tsp. salt

1 tsp. baking soda

¼ cup butter

1 cup raisins

1 egg

1 cup yogurt + 2 Tbsp. or enough to moisten

Add the salt and baking soda to the sprouted spelt and mix together. Cut the butter into the spelt with a pastry cutter until grainy. Add the raisins and stir to coat. Add the egg to 1 cup yogurt and stir with a fork or whisk to incorporate. Make a well in the center of the dry ingredients and pour in the wet ingredients. With a circular motion, stir and fold the ingredients together, but do not over stir. Quickly shape into a small round loaf and cut a cross (about ¼-inch deep) in the top of the loaf. Place in the center of 10-inch pie tin and bake at 375°F for 45 minutes during which time the loaf will double in size. Cool on a rack overnight before cutting.