

Our State eats

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Molasses Soda Bread

Yield: 1 loaf.

- 2¾ cups whole-wheat flour**
- ⅓ cup all-purpose flour**
- 1½ teaspoons baking soda**
- ½ teaspoon salt**
- ⅔ cup rolled oats**
- 2 large eggs**
- 2 teaspoons vegetable oil, plus more for the pan**
- ½ cup blackstrap molasses**
- 2 cups buttermilk**

Topping:

- ¼ cup rolled oats**
- ¼ cup roasted, salted sunflower seeds, hulled**

Preheat the oven to 325°. Line a 9 x 5 x 3-inch loaf pan with parchment paper or grease it with vegetable oil.

In a large bowl, whisk the flours, baking soda, salt, and oats. In another bowl, beat the eggs with the oil. Add the molasses and mix well.

Pour the wet mixture into the flour mixture and mix gently. Add the buttermilk and mix until all ingredients are just combined. Scrape the batter into the prepared pan and smooth the top with a wet spoon. Sprinkle with rolled oats and sunflower seeds.

Bake for 1 hour or until an inserted toothpick comes out clean. Let sit on a wire cooling rack for 10 minutes before removing from pan.

Molasses Butter

Yield: ⅔ cup.

- 1 stick unsalted butter, softened**
- 4 tablespoons molasses**
- ¼ teaspoon salt**

Mix all ingredients on medium speed until well blended. Store at room temperature until ready to use.



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