

FiveMonstersPaleo

Paleo Irish Soda Bread



Prep time **10 minutes**

Cook time **50 minutes**

Yield **about 12 servings**

Special tools needed **pastry cutter (optional)**

Notes:

If possible, use a large, serrated knife for slicing. Serve this tasty bread with grass-fed Irish butter if your diet allows, or alongside a hearty lamb stew. Yum!

Ingredients

- 1 $\frac{3}{4}$ cups almond milk
- $\frac{1}{4}$ cup cider vinegar or lemon juice
- 2 $\frac{1}{2}$ cups almond flour
- 1 $\frac{1}{2}$ cup potato starch
- $\frac{1}{3}$ cup coconut flour
- 2 T coconut sugar
- 1 T ground chia
- 1 T flax seed meal
- 2 tsp kosher salt (I used Morton)
- 2 tsp baking soda
- 3 T palm shortening

Preparation

1. **Preheat the oven to 500 degrees F** and line a baking sheet with parchment paper.
2. **In a small bowl or measuring cup**, combine the almond milk and cider vinegar or lemon juice and set aside.
3. **In a large bowl**, whisk together the remaining dry ingredients (almond flour-coconut sugar). Use a pastry cutter to “cut” in the palm shortening. Alternatively, use two forks to distribute the shortening throughout the dry mixture and till no large clumps remain.
4. **Use a wooden spoon or rubber spatula** to make a “well” in the dry ingredients, and pour the milk mixture in, stirring to incorporate into a sloppy dough-mound.
5. **Transfer the dough** to the prepared baking sheet, pat into a thick round, and

use a sharp knife to cut an X across the top.

6. Place the pan in the oven, immediately turn the temperature down to 425, and cook for 50 minutes. Cool completely before serving. Leftover bread can be kept at room temperature, wrapped in plastic or stored cut-side-down in a sealed bag or container, for about three days. Leftovers are great toasted!