

March 17th is St. Patrick's Day!



Shamrock Maze

With no rainbow in sight, only you can help this little leprechaun find his way to the pot of gold.



This day has become a holiday all around the world, and most people, whether they are Irish or not, wear green — so join the celebration!

Corned beef, cabbage and soda bread are traditional foods eaten on this holiday. The shamrock, pot-of-gold and leprechauns are also associated with St. Patrick's Day. The three petals that make up the shamrock are said to bring good luck.



Hey kids, have an adult help you with this awesome Soda Bread recipe below!

Whole Wheat Irish Soda Bread

INGREDIENTS:

2 cups whole-wheat flour	1 tsp salt
2 cups all-purpose flour, plus more for dusting	2¼ cups buttermilk

DIRECTIONS:

PREHEAT oven to 450°F. COAT a baking sheet with cooking spray and SPRINKLE with a little flour. WHISK whole-wheat flour, all-purpose flour, baking soda and salt in a large bowl. Make a well in the center and POUR in buttermilk. Using one hand, STIR in full circles until all the flour is incorporated. The dough should be soft, but not too wet and sticky. When it all comes together, TURN it out onto a well-floured surface. PAT and ROLL the dough gently with floured hand, just enough to give it a round shape. FLIP over and flatten slightly to about two inches. TRANSFER the loaf to the prepared baking sheet. MARK with a deep cross using a serrated knife and prick each of the four quadrants. BAKE the bread for 20 minutes. REDUCE oven temperature to 400°F and continue to bake until the loaf is brown on top and sounds hollow when tapped, 30 to 35 minutes more. TRANSFER the loaf to a wire rack and let cool for about 30 minutes.

NUTRITION FACTS:

165 Calories; 1g Fat; 0g Saturated fat; 2mg Cholesterol; 347mg Sodium; 31g Carbohydrate; 3g Dietary fiber; 7g Protein

PREP TIME: 10 minutes
TOTAL TIME: 1 ½ hours
MAKES: 1 (2-pound loaf = 12 slices)
SERVING SIZE: 1 slice



Source: Eating Well®. www.eatingwell.com