



# TRADITIONAL, HEALTHY, DIGESTIBLE, AMAZING BREAD STARTS WITH HOMEMADE YEAST OR SOURDOUGH STARTER



**Why all leavened bread used to be sourdough.** Homemade yeast or “sourdough starter” is simply fermented flour & water. In ancient times, there was no quick-rise yeast. Good thing too, because grains are more flavorful when soaked, slowly fermented, or sprouted. These slow processes break down gluten & phytic acid that harm digestion, convert carbs into proteins & create beneficial bacteria & enzymes we need for good digestion. Traditional sourdough breads are simply more digestible, studies prove, even for those who can’t tolerate gluten.

**Buying healthy grains** If you have GMO wheat, it’s comforting to know that soaking, sprouting & fermenting make it healthier! But with the internet, it’s now easy to order whole grains that are pesticide-free from sites like Amazon or VitaCost. Try non-GMO ancient grains like spelt, white wheat and rye for starters.

**Equipment Needed to Make Homemade Yeast** Flour, pure water, pint jar with fabric cover, fork or small rubber spatula for stirring.

**To make bread,** a dough hook or wood spatula is nice for stirring wet dough. Use a plastic shower cap or plastic bag to cover rising dough without touching it. Bread pan. A kitchen thermometer is helpful to

## MAKING SOURDOUGH STARTER (Pint jar works well, so starter can double in size)

Start with the flour you have, but add some whole grain or sprouted flour for better success. Using some rye flour works well due to its high level of phytase, which helps neutralize phytic acid in grains & makes bread more elastic (and sliceable). Your starter will be runny at first, but will end up like thick pancake batter.

In a pint mason jar, add 1 tsp pure water & 1 tsp flour. Make it runny enough so you can shake to oxygenate. Set on counter with fabric lid for 24 hours. Then stir in enough water & flour to double the mix. Shake or stir. Repeat 1 times a day for a few days, 2 x day if you see any bubbles, then it goes flat or looks watery on top. In cool climate, you might not see bubbles for over a week. Best to keep it warm but not hot, near a heat source.

Once you see a few bubbles or get a yeasty smell, increase the feedings. When it gets bubbly, then flat, it’s time to feed. Too much in the jar? Pour off the top before each feeding, keeping at least 1/8 cup. Add equal amount of flour & water. stir vigorously to aerate. Should now resemble pancake batter. Repeat “feedings” as needed.

After a week or two, unless your house is too cold, you will have a strong starter that easily doubles in size within a few hours. Feed once more, leave on counter until slightly bubbly, then store it in the fridge for up to a week (or until flat). Time to dump some out and feed again. Or, better yet, use some in a recipe.

## Preparing to Bake,

Take your starter out of the fridge until room temp. If flat, feed it as usual, then leave on the counter until doubled in size. If not performing well, or if you need more for your recipe, feed again then set in a warm location until it doubles. When using for a recipe, **always reserving at least 1/8 cup** in your jar to feed & maintain.

**Ideas for Excess Starter:** Use in all sorts of baked goods, soaking & softening grains for better digestion.



*All grain is ordained for the  
use of man and of beasts,  
to be the staff of life*

*Give us this day our daily bread*

**WHOLE SPELT LOAF** Spelt, an ancient form of wheat, is the perfect way to start baking because it requires no kneading & tastes amazing. Can use other forms of wheat, but you might want to knead it a bit.

**Prep** Early in the day, take your Sourdough Starter out of the fridge and feed it. Leave it on the counter so it gets bubbly and hopefully doubles by afternoon, when you want to mix the dough. Then....

**Mix wet ingredients**

1 C water (Use a glass or stainless bowl)  
1 Tbs agave syrup or 1 1/2 Tbs honey (Use pure or filtered water)  
3 Tbs bubbly starter (Perhaps more in cooler climates, or if starter is not performing well)

**Add dry ingredients**

2 1/2 C spelt flour (Can experiment with different flour, but kneading may be required)  
3/4 tsp raw salt (Raw salt helps the fermentation process. Sprinkle around to prevent clumping)  
1 1/2 Tbs nuts or seeds (Whole or slightly ground in spice grinder. Try sunflower, sesame, flax, etc)

Stir with dough whisk for 1 min or so until you have a wet, shaggy dough that is not really kneadable (add water if too dry). **Cover for 1-2 hrs** until more pliable. Oil your hands generously & pull dough out of bowl. **Stretch & Fold** in 2 directions, then let sit. **Repeat 2 more times - 30 minute intervals.** Cover and **let sit overnight** in the fridge for extra slow fermentation - the slower the better to break down the gluten & to produce a softer loaf.

**Next Morning:** Set bowl on counter to warm dough. Let it rise until double. Be patient if it takes hours (all day in some climates). For the second rising, grease a bread pan with olive oil. De-gas the dough and use oily hands to form it into a nice shape to fit into your pan. Cover with shower cap or plastic bag, which allows dough to rise above pan. Let rise until almost double in size. Bake at 350° F for up to an hour. In a convection oven, try 320° F for 35 min. Most importantly, bake to an internal temp of 200°. Check internal temp after 30 minutes.

*But as for you, take wheat, barley, beans, lentils, millet, and spelt, put them  
into one vessel and make them into bread for yourself.*

**Ezekiel 4:9**



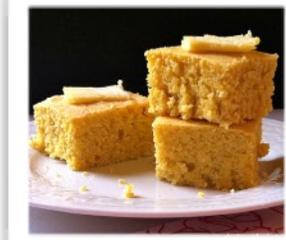
**SOURDOUGH ENGLISH MUFFINS:** (8) Best to start in morning, so dough can sit 24 hours. In medium bowl (not metal) mix 1/2 C sourdough starter and 1 C coconut milk (milk, kefir, or water). Stir & add 2 C whole grain flours (spelt, rye, kamut?) and 2 Tbs ground flax (optional). Dough should be firm, but stirable. Stir & add flour until just right. Ferments slower without salt. Cover and let sit all day, then in fridge overnight. **Next day**, when room temp & bubbly, sprinkle in 1 tsp raw salt, 1 tsp baking soda, 1 Tbs honey. Stir, let sit & stir until salt makes dough less sticky. Then, if needed, add sprouted flour until the dough can be handled. Knead 3 min & slice into 8 sections. With floured hands, shape each muffin (about 1 finger thick and 2 1/2 inches round). Set each muffin on lightly floured parchment paper. Cover with towel for 1 hour. Heat griddle to 350. Cut paper around each muffin; drop on griddle for 5 min each side. **Tip:** They freeze great in a bread box.



**PUMPKIN SPICE MUFFINS (12, grain-free)** In a bowl, combine 1 C Almond Butter or similar, 1/2 C pumpkin puree, 2 eggs, 1/2 tsp baking soda, 1/4 tsp raw salt, 1 T pumpkin pie spice (cinnamon, ginger, nutmeg), 1/3 C maple syrup, 1/3 C chocolate chips. Bake at 350 for 15 to 20 minutes or until centers are firm and starting to crack.



**BREAD CRUMBS** Simply lay slices of your homemade bread in a dehydrator, dry at 125 for 3-4 hours until completely dry. Throw in a food processor (works great even with crusts) or in plastic bags, then use a rolling pin to turn into crumbs (works best without crusts). Get creative & add finely ground nuts or masa harina, herbs & spices.  
**Oven Method:** Bake small chunks of bread at 250 for about 30 min.



**HEALTHIER CORN BREAD** In a bowl, mix 1 1/2 C \*masa harina flour & 1/2 C sprouted wheat flour, 2 tsp baking powder & 1 tsp raw salt. Cut 2 T butter into the flour, with knife & fork. In separate bowl, mix 1/4 C soft raw honey, 2 eggs, 1 T sucanat sugar (or brown sugar) & 1 1/4 C coconut milk (or similar) and stir well. Combine everything. Allow to sit for 5 minutes. Heat oven to 425. Place 1 T butter into 8x8 pan and put in oven to melt. (Or, grease 12 muffin pans). Pour batter into hot pan & bake for 10-20 min until edges slightly brown. For a more crisp crust, remove from pan to cool.  
\***Masa harina**, a traditional, fine corn flour, soaked in lime to make it more digestible.



**ANCIENT FLAT BREAD** (Dead Sea Scroll Recipe, modified) In Qt jar, soak 1 1/2 C blend of whole dry grains like spelt & rye berries (& maybe some nuts) with water and 1/2 tsp hydrogen peroxide to encourage sprouts. Set overnight. Then, with sprouting lid on jar, rinse & tilt jar on side to drain, propping on a rolled towel. Rinse 2 or 3 times a day until grains are slightly sprouted. Rinse grains & put in heavy duty processor or blender (like Vitamix). Add 1/2 tsp sea salt and 1 T honey or dates. Blend until a ball of dough forms, scraping sides as needed. Cover & let rest for more souring if desired. Spread 1/4 inch (no thicker) into well oiled pan. Bake at 325 for 30 min or until not doughy in center.



**WHOLE GRAIN SOURDOUGH TORTILLAS or FLATBREAD** In med bowl, mix 1/2 C homemade yeast (fully activated or not) with 3/4 C of any milk, 3 Tbs olive oil (can use part bacon grease) & 1 tsp raw salt. Can add 1 tsp lemon juice (or a pinch of ginger spice & citric acid) as conditioner. Slowly add 2+ C whole wheat flour until slightly sticky but okay for kneading. Knead 2-3 minutes on floured countertop. Roll around in greased bowl, cover with cloth & allow to sour at room temp for 8-10 hours or overnight. Refrigerate to make dough less sticky. Divide into 6-8 round balls. Using oiled hands, on a piece of parchment paper, flatten each tortilla, dropping into heated pan one at a time. Cook on each side until bubbles appear. Can refrigerate in plastic bag for 2 days or freeze.  
**NO HOMEMADE YEAST?** Use sprouted wheat that is more digestible. Mix 2 C sprouted wheat, 1/2 tsp salt, 2 Tbs olive oil & up to 3/4 C heated water, added slowly. Divide into balls, then cover and let sit at least 15 minutes. Can also refrigerate dough for a while.

# Morsels of Wisdom

Did you know? The Old Testament gives some healthy advice on how to make bread that happens to be a complete protein. **Ezekiel 4:9** says to **“take wheat, barley, beans, lentils, millet, and spelt, put them into one vessel and make them into bread for yourself.”** Want to get creative with with your bread. Use a spice grinder to grind up any of these ingredients, then add to your sourdough. Sprout grains or beans, then dehydrate & grind the sprouts to make sprouted flour. Blend live sprouts in a food processor & freeze small portions to add to your bread dough. Soak & dehydrate nuts like some ancient cultures did, to make them more digestible, then grind them into flour.



*What should I add to my bread today?*

## SOAK + SPROUT

Seeds, nuts, grains and beans are covered in chemicals called enzyme inhibitors which prevent premature germination and store nutrients for plant growth. When humans consume these chemicals, they reduce the absorption of important minerals and proteins causing nutrient deficiencies and other health issues. Soaking and sprouting bypasses this issue as it activates the seed and neutralises the inhibitors.

Ingredient	Soaking	Sprouting
MACADAMIA	Do Not Soak	Does Not Sprout
CASHEW	2-21/2hrs Soaking	Does Not Sprout
PECAN	4-6hrs Soaking	Does Not Sprout
ALMOND	8-12hrs Soaking	12hrs Sprouting
WALNUT	4hrs Soaking	Does Not Sprout
BRAZILNUT	Do Not Soak	Does Not Sprout
ADZUKI	8hrs Soaking	3-5Days Sprouting
CHICKPEA	12hrs Soaking	12hrs Sprouting
LENTIL	8hrs Soaking	12hrs Sprouting
MUNG	1Day Soaking	2-5Days Sprouting
KAMUT	7hrs Soaking	2-3Days Sprouting
WHEAT	7hrs Soaking	2-3Days Sprouting
OATS	6hrs Soaking	2-3Days Sprouting
SPELT + RYE	8hrs Soaking	2-3Days Sprouting
BARLEY	6-8hrs Soaking	2Days Sprouting
BUCKWHEAT	15mins Soaking	1-2Days Sprouting
QUINOA	2hrs Soaking	1-2Days Sprouting
MILLET	8hrs Soaking	2-3Days Sprouting
RICE	9hrs Soaking	3-5Days Sprouting
CORN	12hrs Soaking	2-3Days Sprouting
PEPITA	8hrs Soaking	1-2Days Sprouting
HEMP	Do Not Soak	Does Not Sprout
SUNFLOWER	2hrs Soaking	2-3Days Sprouting
FLAX	8hrs Soaking	Does Not Sprout
FENUGREEK	8hrs Soaking	3-5Days Sprouting
ALFALFA	8hrs Soaking	2-5Days Sprouting
SESAME	8hrs Soaking	1-2Days Sprouting
PINENUT	Do Not Soak	Does Not Sprout
PISTACHIO	Do Not Soak	Does Not Sprout

*Make a tasty bread that's better for your body, any way you slice it!*



**SPROUTED & DEHYDRATED SEEDS** For beginners, start with **Sesame Seeds** because they sprout quickly. Put up to 4 cups seeds in 1/2 gallon (64 oz) mason jar. Cover well with water (in cold climate, use warm water). Stir in 1 Tbs raw salt & 1/2 tsp hydrogen peroxide to prevent mold & increase sprouting. Cover & let sit overnight. In the morning. Use spouting lid or fine strainer to rinse & drain well. Let sit at an angle for 1 or 2 days, rinsing a couple times a day. When sprouts are starting to emerge, you can blend them in a food processor & save small portions to use in bread recipes. Or dehydrate on lowest setting for 12-24 hours or until crunchy but not burnt (taste-test every 6 hours). Your sprouts are easier to digest than raw seeds and are ready to throw onto salads or blend into flour. Use the same method for other seeds. Some may take a few days to sprout.