



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

All leavened bread used to be sourdough. Homemade yeast or “sourdough starter” is simply fermented flour & water. In ancient times, grains fermented slowly. Fermentation breaks down gluten & phytic acid that are hard to digest, converts carbs into proteins & creates beneficial bacteria & enzymes for digestion.

Buy Better Flour not processed with bleach or bromide, like King Arthur brand. Adding a little whole grain rye add elasticity. [Gluten-Free All-Purpose flour rises best if you also add 1/3 C of the same flour to your loaf](#) (not tested on all recipes yet).
***If using old white flour for starter, add a little whole grain flour for better success

Tips & Equipment You'll need pure water & a jar with fabric cover. A dough hook or wooden spatula for no-knead recipes. Thermometer.

Going on Vacation? No Problem. Sourdough starter can be frozen for a month, or easily dried on a plate between wax paper, then ground to a powder with a pestle or nut grinder. Ready to use again in 3 days.



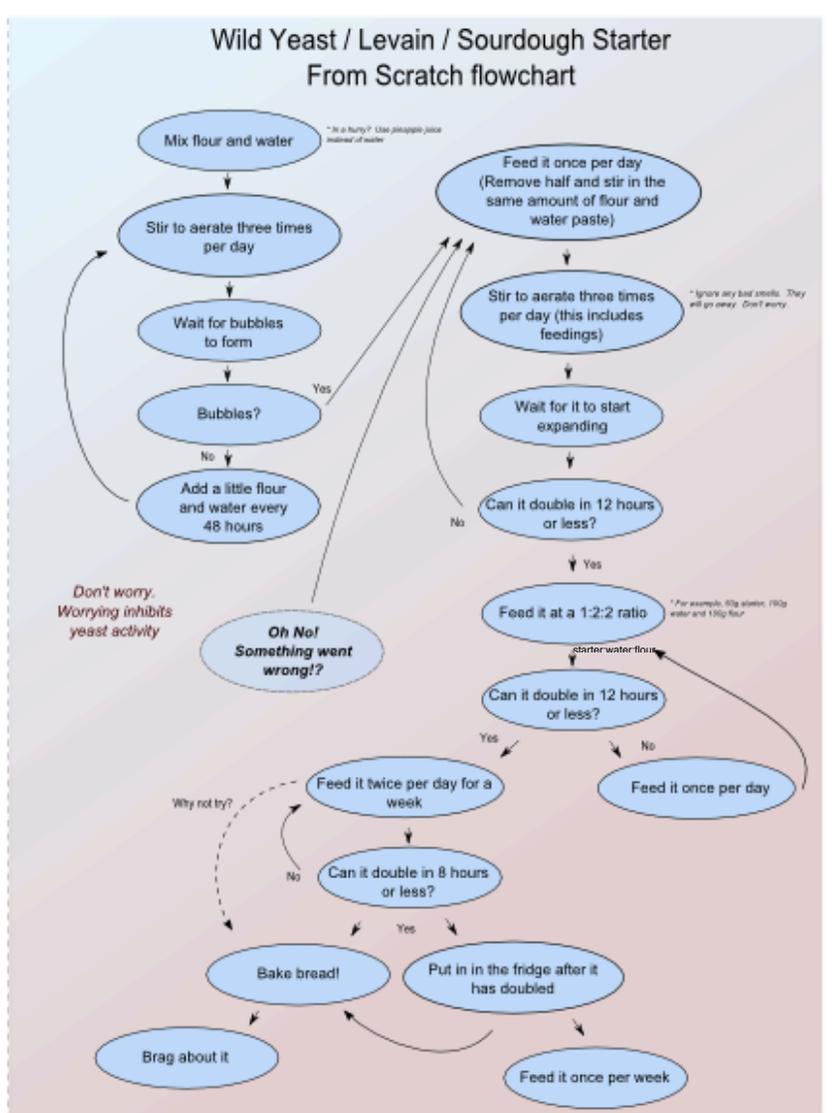
Make Starter with flowchart. Use pure water! Warm water can help. Can use any flour, but don't suddenly change the kind of flour you use.

Adopting Starter Easiest way to get a strong starter. Find someone in your community or order online. Google Oregon Trail Sourdough Starter (our favorite). Or, CulturesForHealth.com If dry, follow directions to rehydrate.

Reviving Dry Sourdough Starter In a pint jar with fabric lid, add 1 Tbs warm water (no chlorine). Stir in 1/2 tsp of dry starter, let stand 5 min. Add 1 Tbs flour & some water until like thin pancake batter. When mixture gets bubbly (4-12 hours) stir in 1/4 C water & 1/4 C flour. When it rises, add 1/2 C water & 1/2 C flour. When it rises again, you now have very active starter (about 1 cup) that is doubled & ready. Use some for baking, or set in fridge. Feed twice a week, ideally before it gets flat & sad.

Preparing to Bake Ideally, take starter out of fridge when it has almost doubled (1-3 days). Set on counter to double, then bake. If flat, feed in AM for PM baking or at night to bake in the morning. Weak Starter? Follow chart.

Feeding & Maintaining Starter Pour off excess starter (or use in recipe) but reserve at least 1/4 C. Feed 1 part starter with 1 part water & 1 part flour. Stir quickly to aerate. Set out for 30 min, then place in fridge to rise slowly for 2-3 days. Feed twice a week.





*Give us this day
our daily bread,
but only real bread
please!*



WHOLE SPELT LOAF or SPROUTED FLAT BREAD

Ancient non-GMO spelt requires **no kneading** & has a great nutty flavor. Stir down bubbly starter before measuring. 1/3 C Gluten-Free starter works great if you also substitute 1/3 C spelt in recipe for gluten-free flour.

Mix wet ingredients 1/4-1/3 C starter, 3 Tbs agave or honey & 1 1/2 C pure lukewarm water (**no chlorine**)

Add dry ingredients 3 C + 3 T Spelt flour, 2 tsp raw salt & 1 Tbs ground flax seeds or similar.

Stir with dough whisk or wooden spatula until you have a wet, shaggy dough that is not really kneadable (add water or spelt as needed). **Cover for 1-2 hrs** until more pliable. With oily hands, **stretch & fold twice**, then let sit. **Repeat 2 more times at 30 minute intervals.** Add 1/2 C sprouts? Let rise a little, then cover & refrigerate for 1-3 nights. Will be more pliable & flavorful the longer it sits. Can make 2 loaves on different days.

In the Morning Set bowl on counter to double (2-6 hours). Punch down. For the second rising, place in a greased bread pan. (For Flat Bread, use a cookie sheet lined with parchment or silicone. Use oily hands to form dough nice enough to fit your pan. Can press seeds & sprouts on top. Cover with shower cap or greased plastic. Let rise until almost double (1-2 hours) Bake loaf at 350° F for about 30 min, then brush with olive oil to soften. **Flat Bread** bakes at 500 for 12-15 min. Cool completely before storing in a bag or bread box.

Notes Slice open for sandwiches. Sourdough bread has natural preservatives to last longer on the counter. For long term storage, freezer is better than the fridge.

Did You Know? *Many people with flour sensitivity in the USA do just fine with bread in Europe. Could it be the bromides in our flour (banned in Europe) or the plethora of other additives in our bread? In Europe it is easy to find fresh bread made with 4-5 ingredients, including homemade sourdough yeast.*

SAN FRANCISCO SOURDOUGH or HERBED SOURDOUGH (1 loaf) In mixer bowl, mix 1 1/4 C water, 2 T starter & 1 tsp salt. (For herbed bread, add 2 T Olive oil, 1/2 tsp crushed garlic & 1 T chopped rosemary (or be creative). With mixer on, slowly add 1 1/4 C whole wheat flour & 1 3/4 C white flour. Knead with dough hook or by hand for 10+ min until it can pass the *window pane test. Roll into a greased bowl, cover & rise to double 6-24 hours. When almost doubled, it can go in the fridge overnight for a longer ferment (ideal). Return to room temp to double, then turn out onto floured surface. Lightly pat out some bubbles (not all). Shape to fit greased loaf pan, round baking dishes, or shape into ball on a greased cookie sheet. Spray with oil & lightly cover with plastic wrap. Rise 2 hrs or until double. Heat oven to 375, with a small baking dish on bottom rack of oven, filled with 1 inch water (for a crispy crust). Can slash top of loaf with razor blade or serrated knife. Bake 30 min or until 190 in the middle. Cool on a rack.
Notes: Can shape into rolls or make a flatbread topped with sprouts or seeds (as above)



***Window Pane Test:** *Will a small peace of dough stretch thin enough to see light through it?*



SOURDOUGH SPELT ENGLISH MUFFINS: (8) In the morning, mix 1/2 C sourdough starter & 1 C milk. Stir & add 2 C Spelt. Ferments slower without salt, so cover & let sit on counter all day & night. **Next day**, add 1 tsp raw salt, 1 1/2 tsp baking soda, 1 Tbs honey. Stir, let sit & stir until salt makes dough less sticky. Knead 3 min on heavily floured surface. Slice into 8 sections. With floured hands, shape each muffin (about “one finger” thick & 2 1/2 inches round). Set each muffin on lightly floured parchment paper. Cover for 1 hour. Heat griddle to 300. Cut paper around each muffin; drop on griddle for 5 min each side. **Tip:** They freeze great. Toast to thaw, cut in half & toast again. Can use coconut milk. Can use regular wheat flour but spelt tastes the best!



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. Grease muffin pans & bake at 350 for 20 min or until centers are firm & starting to crack. Note: Try peanut butter powder & homemade pumpkin puree.



SOURDOUGH WHEAT CINNAMON ROLLS (9x13 pan) Boil 1 medium potato, then cream in a blender with 3/4 C buttermilk. Set aside. In mixing bowl, add ingredients in order: Cream 1/2 C softened butter with 1/2 C brown sugar. Add 3 eggs separately, then potatoes, 2 T vanilla & 1/2 C starter. Add dough hook to blender, or put dough into a bread-maker (if available). Add 4 1/2 C wheat flour & 1 tsp salt. Knead 10 min or until it passes the window pane test. Cover & let rise until almost double (6-14 hrs). **Ideally, set in fridge overnight.** **Next day**, set on counter to finish rising. Separate into two halves. Press each half into a rectangle, 1/4 inch thick. Melt 1/4 C butter, spread 1/2 on each, but not edges. Mix 1 heaping C brown sugar & 2 T cinnamon. Spread half on each rectangle. Roll from long edge, forming a tube. Cut into 1 1/2 - 2 inch rolls. Put into greased 9x13 inch pan. Cover & rise for 2 hrs or until doubled. Bake at 350 for 20 min or until lightly browned. While cooling, drizzle on glaze made from about 1 C powdered sugar & 2 Tbs of milk.



HEALTHIER CORN BREAD Soak 1/3 C raw cashews overnight in 3x water & 1 tsp raw salt (If in a hurry, use boiled water). Rinse nuts, then puree with 1 1/3 C corn kernels (or 3/4 C cream corn), 1/3 C sugar, 1/4 C butter or similar, 1 1/2 C buttermilk (or 1/2 yogurt 1/2 water) & 1 egg. Blend until smooth. In a bowl, mix 1 1/2 C masa harina flour, 1/2 C flour (sprouted or rice?), 2 tsp baking powder, 3/4 tsp salt & 1/8 tsp pepper. Whisk & add wet batter slowly & 2 T corn kernels. Whisk until thick but easy to stir, adding water if needed. Spoon into greased muffin or 8x8 pan. Bake at 350 for 20+ min until toothpick in center is dry. Cool 10 min. ***Masa Harina:** Traditional, digestible, soaked corn flour from Mexico. **Substitution for Egg:** 1 T ground flax seeds + 2 T water



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.

SPROUTING So fun & easy. Check the chart below for details. Soak grains in a large jar of water, then rinse several times. After final drain, let sit for a couple days with a breathable lid (or mesh sprouting lid), rinsing every morning & every night. Should be in a darkish place or partially covered with a towel. Sprouts are ready when still tiny. Store in the fridge to stop growth, then eat or bake soon.

SOURDOUGH SPROUTED BREAD (2 loaves) Mix 1/2 C starter, 2 1/2 C lukewarm water, 2 tsp raw salt, 1 T olive oil & 1/3 C honey. Add 5 1/2 C wheat flour. Knead by machine or hand for 10+ min, **adding 1/2 C sprouted grains toward the end**. On a wet or floured surface, knead by hand until smooth. Set in greased, covered bowl until almost double (6-12 hours), then overnight in fridge. When room temperature again & doubled, pour onto smooth wet surface to rest 5 min. Grease pans, then pat out some bubbles & shape loaves or buns. In pans, cover until double, 2 - 2 1/2 hrs. Bake at 350 for 25 min or until 180 degrees. Cool on rack.



What should I add to my bread today?



Did You Know? *When a grain sprouts, it becomes a vegetable, easier to digest!*

SOURDOUGH BLUEBERRY MUFFINS (18) Mix 1/2 C sourdough starter & 1 C sour cream until creamy. Add 1 1/2 C whole wheat flour, 1/4 C brown sugar, 1/2 tsp cinnamon & 1/2 tsp salt. If it holds together, it's not too thick. Add pure water if needed. Cover & set on countertop 6-12 hours. Then, in a small bowl, cream 1/2 C soft butter with 1/4 C brown sugar. Add 2 eggs, 1 tsp vanilla & whisk. Add to big bowl until creamy. Add pure water if too thick too stir easily. In a small bowl, toss 2 C moist blueberries with 1/2 C sprouted wheat flour, then fold into batter. Spoon into greased muffin pan. Heat oven to to 350. Add Streusel topping (optional): 3 Tbs flour, 2 Tbs brown sugar, 1 Tbs butter & dash of cinnamon, mixed with fingers until crumbly. Bake 20 min. **Allergies:** replace butter with 1/2 coconut oil & 1/2 applesauce. Replace sour cream with coconut yogurt. Use Egg Replacer. **Dry Goods:** 3/4 C dry blueberries, soaked **overnight** & drained.... save blueberry juice for probiotic Water Kefir drink (see Drinks)



SOURDOUGH BANANA PECAN MUFFINS (15) Combine 1/2 C starter & 1 C buttermilk. Add 1/2 C coconut sugar, 1 tsp raw salt, 1 C wheat flour, 1 C white flour & 1/2 C crushed pecans. Cover & set on counter overnight. Set out 1/2 C butter or coconut oil to soften. **Morning:** In a mixer bowl, cream 1/2 C butter or oil, 1/4 C brown sugar & 1 tsp vanilla. Add two large eggs, then two large over-ripe bananas. Spice with 1 tsp cinnamon, 1 tsp nutmeg & 1/2 tsp cardamom. Stir to combine everything. Grease muffin tins & fill them 3/4 full. Bake at 350 for 20 min or until toothpick comes out clean. Cool on wire rack before storing. **Substitutes** : For buttermilk, use 1 cup any milk plus 1/2 tsp raw cider vinegar. Try powdered buttermilk or powdered coconut milk. For eggs, use brown banana puree.



6 WEEK REFRIGERATOR BRAN MUFFINS Mix 3 C wheat bran or wheat germ with 1 C boiling water & set aside. In a small bowl, mix 2 1/2 C flour, 1 T baking soda, 1/2 T baking powder & 1/4 tsp salt. In a large bowl, cream 1/2 C butter & 1/3 C brown sugar. Add 2 eggs, 1/2 C molasses & 2 C buttermilk. Add flour mixture & stir gently until almost combined. Stir in wheat bran gently. Store in the fridge for up to 6 weeks. Pour into greased muffin tins. Can add cranberries & golden raisins on top. Bake at 425 for 5 min and at 375 for 18-20 min. The tops should spring back lightly when touched. Cool for 10 min before moving to rack. This is a partial ferment that keeps well in the refrigerator for 6 weeks, but you may find you need to add more baking soda & baking powder after a while.



ANCIENT FLAT BREAD (Dead Sea Scroll Recipe, modified) In Qt jar, soak 1 1/2 C blend of whole dry grains like spelt, rye & seeds. 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 sprouts & grind with a molcajete stone like in the old days, or use a food processor. Add 1/2 tsp sea salt and 1 T honey or dates. Blend until a ball of dough forms, scraping sides as needed. For more souring, let rest in covered bowl. Spread 1/4 inch (no thicker) into well oiled pan. Bake at 325 for 30 min or until not doughy in center.



SOURDOUGH GLUTEN-FREE TORTILLA Healthier than white flour tortillas when you use protein-packed Sorghum flour & substitute 1 T flour with 1 T spinach or kale powder. To a bowl, add 1 C sorghum flour & 1/2 C sweet rice flour (or gluten-free all-purpose) 1/2 C Tapioca flour, 1 tsp raw salt & 3/4 tsp baking soda. By hand, mix in 1/4 C butter or lard cut in small squares & 1 C gluten-free sourdough starter. Add Tablespoons of pure water (up to 1/3 C) until the dough will form a ball. Knead a few minutes. **Cover & set on counter overnight, then keep in fridge 1 week to make tortillas as needed.** **To Heat:** Pull off a golf-ball of dough to roll or press. Dust with flour if sticky. Throw into med-high skillet for 2 min each side until brown bubbles form. **Anti-inflammatory:** No flour additives like GMO corn,



SEEDED MULTIGRAIN GLUTEN-FREE SOURDOUGH BREAD Soak seeds: Mix 3 T whole flax seeds, 3 T rolled oats, 3 T rinsed tri-color quinoa & 3 T sunflower seeds. Add 1/3 C pure hot water & 1/4 tsp raw salt to soak. **Dough:** In lrg bowl, mix 1 C gluten-free sourdough starter, 3 T honey & 1 C pure water. Add 2 C King Arthur gluten-free flour & 1/2 C millet flour. (Or, make your own flour blend from equal parts oat, millet, brown rice & Tapioca flour.) Add the soaked seeds & stir with dough hook 1 min. Dough will be sticky. Cover overnight at room temperature. **Finally**, mix 2 T finely ground flax seeds, 1/2 tsp each raw salt & baking soda. Sprinkle over the sourdough, then add 2 eggs (or egg substitute). Mix well. Pour into a loaf pan lined with parchment paper & shape with rubber spatula. Cover & rise until almost double. If desired, spray top with water & sprinkle on 2 T oats. At first, heat oven to 525. When bread is in oven, reduce to 475 for 55-60 min or until internal temp is 200 degrees. Tent with tinfoil if too brown. Cool 10 min, then transfer to rack. Cool 2 hrs or best overnight before slicing, to allow it to soften. Feel free to get creative, adding 1/4 cup of mixed herbs or 1 T diced garlic.



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 strong blender or food processor. For bread with no crusts, you can use a large plastic bag. Use a rolling pin on top of the bag. Get creative & add finely ground nuts or masa harina, herbs & spices. **Oven:** Bake at 250 for about 30 min.



TRADITIONAL HOMINY or MASA HARINA DOUGH for making tamales & tortillas, grits & corn nuts. Ancient cultures made corn more digestible by soaking in ashes (or lye) to remove outer hull. In large non-reactive pot (not aluminum) simmer 10 C water. With wooden spoon, stir in 1/4 C ash or pickling lime. Remove from heat & let sit 5 hrs. Strain until clear of white lumps. Add 2 C dry organic corn. Cover & soak 1-2 days until plump with dark tips. Then, super slow simmer for 1-5 hrs hours or until clear hulls fall away but dark tips are still attached. Rinse kernels before tasting; should be firm, but not hard in the center. To dilute lime & pour off floating hulls, set pot in sink, stir & add water to overflowing. Next, it's important to rinse for 5 min in a colander, to remove ALL lime. To make dough, mash the Hominy using a food processor or a traditional stone molcajete. **NOTES:** Be careful with lye & lime. It's not good for your skin or your tummy. Can eat Hominy whole or add to bean recipes (See Beans). Try cooking corn in a Wonder Bag. If more softening is needed, can simmer gently in water or bone broth until just right.

