

# IS YOUR Flour Wet?



**Soaked, Sprouted, & Soured:  
Grains Recipes from Our Kitchens to Yours**

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*This book is a compilation of many bloggers' recipes, all with the best preparation of healthy grains we know. Thank you to all the contributors who made this resource so comprehensive! All original authors retain their own copyright.*

**Key:**

- SK** = soaked
- SD** = sourdough
- SP** = sprouted

# Why Soak?



It is said that traditional cultures almost exclusively soaked or sprouted their grains before baking with them. If you've ever wanted a little more to sink your teeth into than "it's traditional," here's some science behind the process of preparing grains (and [is soaking grains really traditional?](#)).

## The Basic Science Behind Soaking Grains

- Grains are seeds. *(All this information therefore, pertains to legumes, nuts and seeds as well.)*
- Seeds are meant to pass through the system relatively undigested so they can be planted elsewhere (think in nature).
- To make it possible for seeds to pass through undigested, there are some anti-nutrients built in to make them difficult to digest.
- Seeds also need to be preserved until the time is right for sprouting, so they have certain compounds that stop the active enzyme activity of germination.
- These compounds also serve to hinder active enzyme activity in your digestive system.
- Beginning the sprouting process makes seeds more digestible and help your system obtain all the nutrients in the food.

- “Soaking” grains is one way to mimic the sprouting process.

### Enzyme Inhibitors in Whole Grains

Normal digestion depends on enzymes working to break down food, starting with your saliva and running the course through the entire digestive system. Enzyme inhibitors, found in whole grains, interfere with normal digestion by...well...inhibiting it. They stop the enzymes from doing their jobs properly and stress out the pancreas.

### What is Phytic Acid?

Phytates bind phytic acid along with phosphorus and are found in the bran part of the whole grain. Its role for the seed is to prevent premature sprouting. A seed needs to be preserved until the conditions are right for growth.

When we eat foods containing phytates, the minerals we think we're getting from them simply aren't bio-available. We can't make use of them and they pass right on through. Consuming too much phytic acid can cause mineral deficiencies and poor bone density. It's awfully ironic that when we pat ourselves on the backs for eating more whole grains over white flour, we're opening ourselves up for another problem. (More on phytic acid and phytase [here](#)...)

### How do we Counteract Phytic Acid in Foods?

Phytase is the name of the awesome little enzyme that will go to work for you to break phytic acid apart and free the minerals in whole grains and legumes. Phytase requires simple conditions to be “activated”:

1. Moisture
2. Slightly acidic environment
3. Warmth
4. Time

Soaking your whole grains...

1. in water (warmer than room temp, ~100-110 degrees or so)
2. with an acidic medium added
3. at room temperature or above
4. for 12-24 hours

...fulfills all the requirements. Properly soaked grains are easier to digest and allow your body to absorb more minerals and nutrients from the whole grain and other food sources at the same time.

This process begins to pre-digest the grains, including breaking down complex starches and tannins that can irritate your stomach, as well as beginning to break down proteins like gluten. For some, this **reduces gluten sensitivity**. (More on phytase and how it *works* [here](#) and the scoop on gluten [here](#)...)

Mimicking good growing conditions may also neutralize both phytic acid and enzyme inhibitors. Seeds only need moisture, warmth and time to sprout, so some might omit the acidic medium that activates the phytase when soaking intact grains that could still germinate. Some amounts of phytic acid are blasted away and enzyme inhibitors are tackled

when seeds or legumes are sprouted as well. For more on that, read the [health benefits of sprouting](#) and [how to sprout legumes and whole grains](#).

### **Why Does Soaking Make Grains Healthier?**

Soaking the grains begins germination, rendering the enzyme inhibitors unnecessary, since they exist to protect the seed and prevent early sprouting. They are neutralized so that the seed can sprout, making everything more accessible to our bodies. Levels of phytates are also reduced in soaking because the acidic liquid helps to break the bonds they form with minerals.

*Originally published at [Kitchen Stewardship](#).*

### **Hungry for More Information?**

- Links to ALL the soaked grain info at KS [here](#) (including “To Soak or Not to Soak”)
- [The Nutritional Value of Whole Grains – Benefits and Dangers](#)
- [Is Soaking Grains Traditional?](#)
- [What are Phytates and Phytic Acid?](#)
- [Health Benefits of Sourdough Preparation](#)
- [What is the Role of Phytase?](#)
- [Three Expert Takes on the Value of White Bread](#)
- [Everything I Learned About Gluten](#)
- [Do Whole Grains Cause Cavities? My Response about Sifting Bran](#)
- [What is the pH of Your Favorite Soaking Medium?](#)
- [Lectins Present Yet Another Problem](#)
- [Soaking vs. Sprouting: Which is Best?](#)
- [The Phytic Acid White Paper](#) by Amanda Rose (real research on soaked grains and phytic acid)

# How-to Tutorials



If you're new to the idea of soaking, sprouting, and sourdough, here is the basic how-to information you'll need for any grain to feel comfortable with the process in your own kitchen. You can follow the recipes in this book without knowing the background, but you can also learn to adapt your own favorite recipes for soaking.

## How to Soak Brown Rice

Originally published at *Kitchen Stewardship*; click [here](#) for more.

- Soak brown rice in dechlorinated water for 24 hours at room temperature without changing the water. **Reserve 10% of the soaking liquid** (should keep for a long time in the fridge). Discard the rest of the soaking liquid; cook the rice in fresh water, reducing the amount of water added at this point.

For example, if I have 1 cup rice and 2 cups water to soak, I pour off the water (reserving some) and add about 1 1/2 or 1 3/4 cup fresh water. You could be really precise and measure what you pour off, then add the same amount fresh to make up

for what the rice has already absorbed. This makes a big difference in cooking nice rice! Don't forget the rule of rice cooking – no peeking under the lid once you reduce to a simmer!

- Cook as instructed, usually bringing to a boil, then reducing heat to low simmer with the cover on for 40-45 minutes.
- The next time you make brown rice, use the same procedure as above, but add the soaking liquid you reserved from the last batch to the rest of the soaking water.
- Repeat the cycle. After three times, **96% or more of the phytic acid should be degraded at 24 hours.**

Neutralizing and reducing that percentage of phytic acid is unheard of with other methods and grains. Even [sourdough only decreases phytates by 64%](#). The modified fermentation acidifies the water and continues to keep the pH stable and even lowers it, whereas soaking in slightly acidic water ends up moving closer to a neutral (7) pH as time passes.

### How to Soak Oatmeal

Originally published at *Kitchen Stewardship*; click [here](#) for more.

- Combine 1 cup rolled or steel cut oats with 1 cup water with 1 Tbs lemon juice, yogurt or yogurt whey in the water. I do it right in the pot. **The water should be warmer than room temp at the start.** You'd need to gently warm it in a teapot or in the pot to ~110 degrees or so, since it's not recommended to consume warm tap water because of lead leaching issues. (Here is [how to get whey easily.](#))
- Oats are low in the enzyme phytase, needed to neutralize the phytates. **Add a tablespoon or two (10%) of wheat flour to your oats.**
- **Leave at room temperature 24 hours** (or at least 12). I usually think of it the night before, but the best for oatmeal is to let it go 24 hours. **Tip:** Just get oats soaking for tomorrow's breakfast as you're cleaning up today's, as breakfast will be on your mind.
- Add another cup of water in the morning, bring to a boil and cook a few minutes on medium-low until thick. Adjust quantities for whatever size batch of oatmeal you need.
- Whey creates less of a sour taste than lemons or yogurt, in my family's opinion. It's worth draining some yogurt for it!
- **Timesaver:** Buy lemons on sale and freeze juice in 1 Tbs portions in ice cube trays or popsicle molds. Store in a freezer bag. You can portion and freeze whey using the same method.

For recipes like [granola bars](#) and oatmeal cookies, you can also soak the oats, but it's a bit more complicated. Find the method to soak and dehydrate oats for baking purposes right [HERE](#).

### How to Soak Grains in Flour Based Recipes

1. Mix the flour with whatever liquid is called for in the recipe, preferably warmed to about 100-110 degrees F. I do often use room temperature water...you do what you can.
  - Sometimes include the sweetener and fat if needed to get everything wet enough just to mix.

2. If the liquid is water or milk, replace 1 Tbs per cup with an acidic medium:
  - vinegar, lemon juice, [whey](#)
3. If the liquid is something *cultured* already, you can just mix it up with the grain:
  - yogurt, buttermilk, kefir
4. Cover and allow to rest at room temperature or above for 12-24 hours.
5. Add remaining ingredients and proceed with recipe.

Now that's a bit of a simplistic explanation. If you'd like more details, including special considerations for yeast bread, please read [How to Soak Flour in Whole Grain Recipes](#).



### Basic Sprouting Instructions

Originally published at *Kitchen Stewardship*; click [here](#) for more.

Follow this set of instructions to sprout small seeds for salad sprouts or small seeds like sunflower seeds. Also works for grains and legumes, but the second set of instructions is an option as well.

1. Soak seeds or legumes in water overnight or for about 12 hours. I do this right in the glass jar – just don't fill it more than half full of legumes, because they'll expand. [It takes about 20 minutes to get packed-in pintos out of a half-gallon jar. Just an estimate.] Only use 1 Tablespoon or less of seeds if you want sandwich sprouts, like from radish or broccoli seeds.
2. Put tulle or net bag from onions or citrus over the open mouth of the jar, and attach it

with the canning lid (or rubber band, but the lid is optimal). Choose whatever has smaller holes than what you're sprouting. When I do little seeds, I start with the tulle, then move to the onion bag after they start getting long sprouts.

3. Drain the water out.
4. Rinse with clear water.
5. Set the jar partly upside down in a bowl. This will allow the water to continue to drain out through the mesh, but the seeds/legumes will stay in.
6. Every 12 hours or so, rinse the seeds right through the mesh with clear water and pour the water off. Set up again in the bowl to drain.
7. If you're going for sandwich sprouts, allow them to grow until they're about an inch long. Sunlight will increase the nutrients further by adding chlorophyll to the mix.
8. For grains or legumes, a tiny sprout will do just fine.

*For legumes or larger grains:*

1. Soak in a bowl of water for at least 12 hours. Be sure to cover the legumes with twice the amount of water as they will expand.
2. Pour out into a colander to drain.
3. Now you can just leave your legumes in the colander, preferably with a plate underneath to catch the water.
4. Approximately every 12 hours (breakfast and dinner works great), rinse with clear water and set up to keep sprouting.
5. You'll want some air circulation, and don't try to do too many at once to the point where the beans are so cramped that they get moldy.
6. In 24-72 hours, you should see sprouts! You can choose to cook them as soon as they sprout or when the sprout is 1/4" long or so.
7. I like to do as big of a batch as my colander can hold without molding at a time to save energy – both mine and the stove's. One pound of lentils yielded about 16 cups after sprouting and cooking. Don't eat kidney or white bean sprouts raw, but lentils are okay in salads without cooking. Find more info on sprouting legumes and how to use them in [The Everything Beans Book](#).
8. Here is an excellent [sprouting guide](#), with what temp water to use, how long to soak and how long to sprout. It's what I needed when I was just fumbling around making things up as I went!

For photos to help you imagine what these instructions really look like, please visit the original post on [sprouting grains and legumes](#).

### **How to Sprout Whole Grains in Bulk and Make Sprouted Flour**

*Originally published as a guest post by Kimarie of [The Cardamom's Pod](#) at Kitchen Stewardship; click [here](#) for more.*

1. Measure 6 cups of soft wheat berries into each 1 gallon glass jar. You'll want to fill the jar about 1/4 or 1/3 of the way with grains, depending on what grain you are using. My goal is to have the jar completely full of sprouts, because I know that's the maximum amount my dehydrator can handle – 3 gallons of sprouts. I use old one-gallon pickle

jars. You can use a canning funnel if you want to pour the grains in, but I usually just make a “funnel” with my hands to get the grain into the jar.

2. Fill each jar with cool water and let the grains soak for 8-12 hours. You can do this overnight, but I start my grains soaking in the morning, and I’ll explain why later. I’ve accidentally soaked them for as long as 18 hours and everything has still turned out ok. Remember, soak times for different grains vary.
3. Prepare the covers: To drain and rinse them, I like to use plastic window screen to cover the jars – it allows for air circulation and fast draining. You could use an open-weave cloth but I have found that doesn’t let enough air get into the jar. (*Note: tulle or even small-weave onion bags are great repurposed for this!*) I used a medium dinner plate as a template to make a circle of screen. Get some strong rubber bands – I save the ones from broccoli or other veggies and try to hide them from the children! Place the screen on the jar and secure it with the rubber band. If you are using smaller canning jars (quart or half-gallon sizes, regular or wide-mouth) you can use just the canning ring to hold the screen securely on the jar.
4. Drain the grains: To drain, I get the grains “leveled out” while the jar is sideways, then remove my hand from the screen and let the water gently flow out of the jar. I prefer not to put the jar all the way upside down, because I want the grains to have air circulation around them while they are sprouting. This prevents them souring.
5. Rinse the grains: To drain the grains after they have been soaked, I like to rinse and drain them again before sprouting. To rinse, I nearly fill the container with water, and then place my hand over the screen, turn the jar on its side, and swish the grains gently back and forth a bit to rinse them well. You’ll come up with your own technique that works.
6. Now you want to put the jars somewhere where they can continue to drain as they begin to sprout. For my jars, a 9×13 glass pan works perfectly. Be creative, and find what works for you. You’ll want to rinse the grains thoroughly about 2-4 times a day. Usually I will remember to rinse after each meal, and before bed.
7. When I drain the grains and set them sprouting before I go to bed, often I see sprouts already in the morning, and it moves pretty quickly from there. This is why you don’t want it to be at this stage before you go to bed. You can wake up to pretty long sprouts!
8. According to [Nourishing Traditions](#), you should sprout wheat berries until the sprout is as long as the grain – so that’s no more than 1/4 inch or so. Then I read in Sue Gregg’s *Whole Grain Baking* that for making sprouted flour, you can dry the grains when the sprouts are just showing at 1/8 inch or so. I’ve dried longer-sprouted grains before, and I just prefer my grains with shorter tails. Recently I did a batch of Kamut and the sprouts got about 1/4 -1/2 inch long. I still dried them and they were delicious – actually almost sweet. There was just a lot of dried “tails” and fuzz all over the dehydrator and counters when it was done.
9. Dehydrate the grains: I like to dry the grain just when you start to see a little three-

pronged sprout; sometimes as soon as 24 hours since draining. Remember that with different grains the time to sprout will be different. The sprouts continue to expand a little bit more while they are sprouting. Sometimes I rinse them one last time, other times I don't. Put them in a colander, or turn the jar upside down to get them drained really well.

10. Prepare the dehydrator trays for drying the grain by cutting more screen mesh to fit over the larger-holed plastic mesh (use the dehydrator mesh as your template). I've dried grain without using the window screen, but some grains do fall through as they shrink. By using the window screen, you're prepared for any size grain you'll be sprouting. One gallon of sprouts divides to fill 3 trays in my Excalibur. Just make sure it's spread out as evenly as possible.
11. Load the trays into the dehydrator, and set the temp to 145° F. I dry the grain for 12-24 hours, depending on the type of grain and the humidity level in my house. With my method, I usually start the grain drying at night before I go to bed, setting the timer for 24 hours. In the morning I check the sprouts and adjust the timer based on how they are doing. Sprouted buckwheat dries very quickly, while sprouted Kamut takes longer than soft wheat.
12. If you don't have a dehydrator, you can try drying the grains in your oven, but the temperature should not go about 150° F to avoid killing all the enzymes you helped to develop! I've used my propane oven with the door slightly ajar, but that heats up the kitchen. Of course, if you have a convection oven, check to see if it has a dehydrator setting. A friend of mine uses her car as a dehydrator – she puts things in there on the sunny dash and cracks the windows open. I think this could even be improved by putting a small fan in there to circulate more air. Be sure to do this if the air outside is not too humid, otherwise the car method won't work!
13. When you think the grains are done, test them by simply chewing or chopping up a few to see if they are as crunchy as a regular unsprouted grain. The grains should look like much like the original grain after dehydrating and almost the same size, except a little shriveled with varying lengths of tiny dried "tails". You want to make sure they are very dry, especially for the sake of your grain mill if you plan to grind these into flour. (If you find they grind slowly in your grain mill, try dehydrating them further – they probably were not dry enough.)
14. When I take the trays out of the dehydrator, it's very easy to just stack them on top of each other while they're full of grain. It saves time going back and forth to the dehydrator and emptying the trays one by one.
15. Store the sprouted grain: I usually have my children help me store the grain, but one person can do this. To get the grain off the dehydrator trays, gently move it into a pile in the center. Lift up both sides of the mesh, making a handy chute to pour it into whatever storage container you are using. It's much easier with a rigid container! It takes only a little bit of practice to not spill grains while you're doing this.

In my house, 18 cups of wheat berries is "only" enough to make one 5-6 loaf batch of bread, which doesn't last long! So I usually just store the sprouted dried grain in ziploc bags on my

pantry shelf. It's usually not there longer than a week! For longer storage, you can put them in a refrigerator or freezer in appropriate containers.

*For photos to help you imagine what these instructions really look like, please visit the original post on [sprouting whole grains in bulk and making sprouted flour](#).*



### How to Make a Sourdough Starter

*Originally published at Kitchen Stewardship; click [here](#) for more.*

The basic method for convincing yeast to settle in your sourdough starter is:

1. Mix whole wheat flour and water.
2. Feed starter flour and water daily.
3. Wait for yeast to get hungry and eat your flour, creating bubbles.

**A sourdough starter is simply a mixture of flour and water** wherein natural yeast or natural leavening from your air consumes the starch and creates gas, giving your bread an opportunity to rise. What is natural leavening? A fancy way of saying bacteria; the the lactic acid-producing good guys that keep our systems going. Sourdough is a fermented food, which makes it easier to digest because the grains are partially pre-digested by the bacteria.

**Materials Needed:**

- clean glass jar or bowl (some say switch your jars every day; I use the same jar until it's too caked with dried starter at the top to pour anymore.)
- flour (whole wheat preferred in my opinion, but the method works with white, rye, etc.)
- water, non-chlorinated (If you have city water, you should leave water out in a jar with the lid off so the chlorine will evaporate.)
- spoon (some say don't use a metal spoon; I've read that that's outdated advice from when spoons were made of metal that would leach into the batter because of the acidity. I use whatever's handy!)
- napkin, cloth or coffee filter and rubber band to cover

**Method:**

1. Pour some water into the jar. I used about a half cup and saved another half cup of potato water (see tips below) for the next sourdough feeding.
2. Add an equal amount of flour and stir well.
3. Cover your sourdough starter with cloth or napkin or coffee filter, secure with rubber band or canning ring. The starter needs to be open to the air to catch the yeast, yet safe from bugs and falling objects.
4. Store your starter in a warm place, away from any other ferments you have going.  
\*One option is the oven with the light turned on. I didn't believe that would work, I really didn't! Just try it overnight and feel your jar for warmth. (Test the temperature of your oven first – some get a lot hotter than mine and would kill the starter – over 145F is too hot.)
5. About every 12 hours or so, add more flour and water in equal parts. I only used 1/4 cup at a time, because I didn't want my starter to get too big.
6. Pour off the bit of liquid that separates and turns dark before “feeding” your sourdough its meal.
7. Once you consistently see bubbles in your sourdough starter, congratulations! You have captured yeast! Now you can get even lazier with your feedings.
8. Feed your starter once daily, either equal parts flour and water or any grain you have – oatmeal, any flour, etc. Just a few Tablespoons will keep your starter happy until tomorrow. Some methods tell you to toss half your sourdough starter every time you feed. No way – no need to waste the flour!
9. That said, your starter will be happier and have more rise if you do take some out every so often. You can make [pancakes](#), [pizza dough](#), [crackers](#), or any number of baked goods that don't need much rise, and you'll be pruning your starter for a great, fluffy loaf of bread.
10. I usually feed with water and flour at the beginning, then switch to just flour (as if I'm feeding a fish!) for a few days. Once the starter is really thick, I add water with my flour.

\*\*\*If you're not going to bake very often, **store the starter in your fridge** once it is well established (after about 2 weeks of feedings). Just remember to feed it some flour and water

once a week, even if you're not using it.

*For step-by-step photos and additional tips for success, you may want to visit the original post at How to [Make a Sourdough Starter](#). If you're really visual and want to dive right into sourdough, you'll appreciate the videos and 24 weeks of sourdough instruction at the [GNOWFGLINS eCourses](#). The sourdough course is also available for purchase [as an eBook](#).*

# Breads



# 100% Whole Wheat Bread Machine Bread (SK)

Katie Kimball is a Catholic wife and mother of two (going on three) who wants the best of nutrition and living for her family. She believes that God calls us to be good stewards of all His gifts as we work to feed our families: time, finances, the good green earth, and of course, our healthy bodies. Her writing at Kitchen Stewardship seeks to share with others ways to balance all four and be prayerful in the call to vocation in the kitchen.

She is the author of [Healthy Snacks to Go](#), the [Family Camping Handbook](#), and [The Everything Beans Book](#), sales rep for Foodie Blogroll, and is a guest lecturer and strategic partner manager for [GNOWFLGINS.com cooking eCourses](#). She also contributes to Simple Organic, Green...Your Way, and CatholicMom.com.

Originally published at: [Kitchen Stewardship](#)

## Ingredients

- 1 1/3 cups water
- 1 Tbs + 1 tsp olive oil or melted butter
- 3 Tbs honey
- 2 heaping Tbs yogurt or [whey](#) (or apple cider vinegar or lemon juice or cultured buttermilk)
- 3 cups whole wheat flour plus 1/4 cup, divided
- 1 3/4 tsp active dry yeast
- 1 1/2 tsp salt

## Method

Mix by hand the water, oil/butter, honey, yogurt, and 3 cups flour. You can do it right in the bread machine bucket/pan.

*Carefully make a mound* of 1/4 cup whole wheat flour on top of the wet ingredients. Make a well in the middle and add yeast and salt. The idea is not to let the yeast touch the wet ingredients. The salt will inhibit the breakdown of the phytates and enzyme inhibitors, so you want that mixed in last too.

Soak overnight or longer at room temperature, then start the bread machine using the whole wheat cycle. If your machine has a delay timer, this is an easy soak and can be ready in the morning for breakfast.

*Other soaked recipes by this author can be found [here](#) and throughout this eBook.*

*Find all Katie's published eBooks [HERE](#).*

# Homemade Sandwich Bread (SK)

Lifestyle blogger, designer, hopeless mall rat, occasional runner, reluctant chauffeur, chief cook & bottle washer, recently converted localvore and recovering junk food addict, Jo-Lynne Shane is a happily married mom of three living the American dream in a rural suburb of Philadelphia.

She lives most of her life in the kitchen or online. Musings of a Housewife is her memoir and general brain dump. Other enterprises include All Things Chic, a collaborative style blog; Eat Local Philly, a resource for local foods in the Philadelphia region; and DCR Design, a blog design and consulting company. She is also a regular contributor to Therapon Skin Health and Blogging Your Way and a charter member of Philly Social Media Moms.

Originally published at: [Musings of a Housewife](#)

## Ingredients

- 6 cups whole wheat flour
- 2/3 cup honey
- 1/2 cup coconut oil or butter
- 2 tablespoon salt
- 1/2 cup buttermilk
- 3 tablespoons active dry yeast
- 4 cups very warm water (120°F to 130°F)
- 1/2 cup very warm water (120°F to 130°F)
- 2 cups Spelt or white flour
- 4 to 5 cups all-purpose flour
- Butter or margarine, melted, if desired

## Method

These instructions are specific for using a Kitchen Aid mixer. For another type of mixer, or if you make bread by hand, you can adjust the instructions accordingly. If your mixer can only handle two loaves, you can easily halve this recipe.

Combine coconut oil and 4 cups water in a small saucepan. Heat over low heat until the oil is melted. While that is heating, place the whole wheat flour and salt in your mixer bowl. With the paddle attachment, mix about 15 seconds on Stir.

Continuing on Stir, add warm mixture to flour mixture and buttermilk. Mix about a minute. At this point I usually need to scrape the sides of the bowl.

**At this point, cover and soak 7 hours or overnight.**

The next morning, mix the yeast and 1/2 cup warm water together thoroughly in a small bowl. Then add the honey to the yeast mixture. Add the yeast mixture to the

soaked flour mixture, and with the dough hook this time, mix together on Speed 2.

Then add the spelt and all-purpose flour, 1/2 cup at a time, mixing well between each addition. Mix about 2 minutes, or until dough starts to clean sides of bowl, adding flour as necessary.

Knead on Speed 2 for another 2 minutes. When it's ready, it won't be sticky. It will feel smooth and elastic. At this point, dump the dough out onto a plate and grease the inside of the mixing bowl, all the way to the top.

Return the dough to the bowl, and turn over so that it is buttered on all sides. Then cover it with a clean towel and place it in a warm place to rise. Usually the top of the oven works just fine, but on really cold days, I heat the oven to 130 degrees, turn it off, and then put the dough in the oven to rise. After about an hour, it should be doubled in size.

Dump it out onto a large cloth or rolling mat. Punch it down, and then divide it into four equal sized lumps of dough. Take one and roll it out (see post for picture), then roll it up tightly and pinch the loose ends into the dough, then roll him over so the seam is on the bottom and fold the ends under.]

Place him in a buttered bread pan, then, wash, rinse, repeat, until all four loaves are in loaf pans, ready to rise.

Now, at this point, you have a choice. You can freeze some for rising and cooking at a later date, or you can cook them all off and then freeze the finished loaves for later. I prefer my bread to be freshly baked so I usually bake off two loaves and freeze two. But either way works fine.

Put the loaves to rise in a warm spot, covered with a clean towel, for about 45 minutes or so. When the loaves look about right, preheat the oven to 350 degrees. Pop 'em in the oven, and set your timer for 30 minutes. Of course ovens vary, but this works out perfectly for me. The bread is done when you tap it and it sounds hollow.

Immediately turn them out onto a rack to cool. I always slather butter on top because that's what my mama always did. And because I'm a firm believer that you can never have too much butter.

## Soft Homemade Bread (SK)

Kelly had a “food transformation” when she discovered the Weston A. Price Foundation in 2004 after a long-time love affair with convenience foods. She began passionately researching how to eat and live better, and in early 2008 the ‘politically incorrect’ Kelly the Kitchen Kop blog was born.

She now enjoys helping others with the knowledge she gained from her own family’s transition to Real Food. Kelly is a local Weston A. Price chapter board member, and lives near Grand Rapids, Michigan with her husband of 23 years and 4 children.

Originally published at: [Kelly the Kitchen Kop](#) ([background info](#)) ([recipe](#))

### Ingredients

- 4 c. whole wheat flour
- 1 1/2 c. spelt (or you can just use more whole wheat)
- 3/4 c. buttermilk (you could also use whole milk yogurt, or kefir. or use an equal amount of water + 1 T. lemon juice, whey or vinegar, but I haven’t tried this.)
- 2 c. very warm water
- 1 egg
- 3 c. Bob’s Red Mill white unbleached flour
- 1/4 c. warm/hot water
- 1/4 c. coconut oil
- 2 1/2 T. yeast
- 1/2 c. local raw honey
- 1 T. sea salt

### Method

The night before, add wheat and spelt flour, buttermilk, and water to your Bosch Kitchen Mixer. Mix just until all the flour is wet. Put the lid on the Bosch, and let set *at least* 7 hours, but 12 or more is even better and you may even have a nice sourdough taste. (Once I didn’t know we were having hamburgers until that morning, so I only soaked it 4 hours – I figured it was better than nothing, and much better than buying them at the store.)

The next day, or whenever you’re ready to finish your bread, add the egg and white flour to the Bosch. Measure a 1/4 c. hot water in a measuring cup...don’t put it in yet...but add to the hot water (so it melts) 1/4 c. **refined or unrefined coconut oil** (depends on whether or not you don’t mind a little coconut flavor in your bread – I use the refined with no taste or smell) – if it’s warm in your kitchen and the oil is already melted just add these two ingredients to the Bosch. (Normally you’d never put hot water anywhere near yeast, as it will kill it. But by the time the oil melts and you mix it in, the water will be only warm.) Once it’s melted, add it in, and start mixing on the

lowest speed.

Add yeast, keep mixing on lowest speed Add **honey and sea salt** (always add salt last after the yeast is mixed into the dough well – the flour protects the yeast and keeps the salt from killing it).

When the dough has cleaned up the sides and middle of the bowl, check how the dough feels and see if you need a bit more water or flour (you'll know if it feels too dry or too wet), and then set the timer for 14 minutes and continue mixing on the lowest speed.

Meanwhile, butter your bread pans. (Butter up and over the lip of the bread pan, so it will come out easily after baking.) When the dough is done, use buttered hands to split it into 3 equal pieces (some weigh it out, but I just guess), shape them into a loaf, and press into the pans. Be careful not to fold it over itself and leave big air pockets. (I've done this now and then – my family frowns on big 1" holes in the middle of their bread for some reason.)

**VARIATION FOR FREEZING THE DOUGH:** at this point you could shape the dough to fit your pan (or shape into buns to use in the future), then freeze before letting it rise. When it's frozen, transfer it to a freezer baggie (to free up your pan). Now you have homemade bread all ready to thaw, rise and bake someday when you feel like fresh-baked heaven right from the oven. Or keep reading if you plan to bake them all at once and then freeze...that works, too! (Here's how to do these [variations](#))

The rise time depends on the temp in your kitchen – usually 2-3 hours. The first time I made this I was shocked that it only took ONE rise, other homemade breads I've made in the past took 2-3 rises and it was an all day affair. This is so much **faster and easier!** Only one rise is necessary with a Bosch, because it mixes and **develops the gluten so efficiently.** (This is also why it comes out so soft!)

When it's the height you want (don't wait too long or it will fall), carefully place the bread pans into a cool oven, and set it for 350\*. Bake 25 minutes. (This is for an electric oven, for a gas oven, preheat to 350\*, then bake for 20 minutes.)

When you take it out of the oven, immediately (carefully) take it out of the pan and cool on a wire rack, otherwise condensation builds up in the pan and makes the bread soggy.

Products offered by this cook include

- [Real Food for Rookies](#) online class
- [Real Food Ingredient Guide](#)
- [Real Food Party Planning Guide](#)
- [Nutritional consultations](#)

## Buttermilk Biscuits (SK)

Jill writes from the homestead she shares with her husband, baby daughter, and an ever-changing assortment of animals. When she's not in the kitchen preparing traditional foods, you'll find her outside riding her horses, growing vegetables, and milking goats.

Originally published at: [The Prairie Homestead](#)

### Ingredients

3 c. whole wheat flour of your choice- hard white is my favorite  
1 1/2 c. cultured buttermilk  
2 T. Sucanat  
1 t. sea salt  
7 t. aluminum-free baking powder  
1/2 c. cold butter, cut into small chunks or shredded/grated  
Unbleached, unbromated white flour (optional)

### Method

Combine flour, sucanant, and buttermilk. You should have a heavy, wet dough, but it should still be somewhat kneadable. Cover with plastic wrap to prevent drying and allow to soak at room temperature for at least 12 hours.

After the soaking time has elapsed, add the salt and baking powder to the flour mixture, kneading to incorporate. If the dough is too sticky to tolerate kneading, you may have to add a bit of white flour.

Add the cold butter pieces. Incorporate them into the dough, but do not over-mix. **It is perfectly acceptable to have visible chunks of butter within the dough.** Over handling will cause the butter to melt and result in tough biscuits.

Pat the dough onto a well-floured surface, approximately 1 inch thick. Cut with a floured glass or biscuit cutter. Place on an ungreased baking stone or cookie sheet and place in a preheated **425 degree** oven.

Bake for **10-12 minutes**, or until lightly browned, being careful not to overbake. Yields approximately 12 thick biscuits.

*Though this biscuits have a decidedly different texture than traditional white flour, baking powder biscuits, I think they are a good trade-off. They are still delicious, plus I feel better about serving them to my family since they have the added nutrition of properly prepared whole wheat.*

## Pie Crust (SK)

Shelley Wagner is a mom of two wonderful boys, and soon-to-be wife of one amazing man. They live in the mountains of PA where they are trying to create a mini-homestead. She is a still relatively new believer in her God and Savior Jesus, and is enjoying learning about her faith. She writes about this, and also about being a "make a home" mom- including organizing, homemaking, homeschooling, and frugality. On another blog she writes about her real food journey.

She loves writing, reading, music, and chocolate! She also has two Etsy shops, filled with eco-friendly, sustainable and natural/ organic products.

Originally published at: [Make A Home Mom](#)

### Ingredients

2 1/2 cups flour  
3/4 teas. salt  
3/4 teas. sugar  
1/4 oil or melted butter  
1/2 cold butter or lard, cut in slices or chunks  
2 Tablespoons cultured yogurt or buttermilk  
5-6 Tablespoons ice water

### Method

Mix together flour, salt, and sugar in a large bowl. Stir in oil, and cut in butter with a pastry cutter or fork and knife, combining the butter until the pieces are small and mostly uniform or "pea-sized."

Mix together yogurt and water. Add into flour and butter mixture, combining until it makes a dough. If you do not wish to incorporate soaking, put the dough into the fridge for 1 hour, then roll out as desired.

To soak dough, leave out for 8-12 hours, in a cool area (preferably 50-68 degrees.) Refrigerate for at least 2 hours, to overnight. Roll out and use as desired.

This dough is fairly forgiving, but over manipulation when rolling or cutting will make the dough less flaky. Try to work the dough as little as possible. Use lots of flour for rolling out (a good use for sprouted flour) and try to roll onto waxed/ parchment paper. You may then fold over in half, and place into the pie plate to minimize cracking.

For more soaked, sprouted, or soured recipes from this kitchen, see:

- [Natural Sprouted Flour Cookies](#)
- [Soaked Pasta](#)
- [Sourdough Recipes](#)

- [Easy Tortillas](#)

Products offered by this cook include

[Meal Planning](#) by MAHM - Weekly Menu Plans delivered to your email, full plans of three meals a day, seven days! All meals are made with real food, use traditional techniques, and include simple and inexpensive items.

[E-Cookbooks](#) - Seasonal Monthly Cookbooks featuring traditional, nourishing real foods! Recipes are designed to be easy, and frugal.

# Popcorn Cornbread (SK)

Kara Haschke is a homeschooling mom of four, avid reader and blogger. She's been researching and implementing "real food" techniques in her kitchen for close to ten years now. It's been quite a journey! She loves knowing that the food she's providing for her family is healthy and nutritious. Her other responsibilities include home manager, financial planner, chauffeur and event coordinator, to name just a few.

Originally published at: [Home With Purpose](#)

## Ingredients

- 1 ½ cup buttermilk (or thinned yogurt or kefir)
- 3 eggs
- ¼ cup honey or maple syrup
- ¼ cup coconut oil or butter
- 3 cup cornmeal -- [freshly ground popcorn](#)
- 1 tbsp baking powder
- 1 tbsp [Real Salt](#) or other natural sea salt

## Method

Combine cornmeal and yogurt/buttermilk and allow to sit for several hours or overnight. Blend eggs, maple syrup, and oil together in a bowl or 2 qt measuring cup in order given. Combine with cornmeal/buttermilk mixture, add baking powder and salt. Pour into greased pan, bake at 350 for 25-30 minutes or until knife comes clean out of center (the original recipe called for a greased 9x13 pan, I almost always use my large cast iron skillet).

*For more soaked, sprouted, or soured recipes from this kitchen, see:*

- [Simple Blender Waffles](#)
- [Simply Scrumptious Blender Oat Pancakes](#)
- [Delicious Baked Oatmeal](#)
- [Super Simple & Flavorful Brown Rice](#)

# Gluten-Free Cornbread (SK)

Amanda Schaefer is a 25 year old college student, living on the island of Maui in Hawai'i with her partner, Devin. She has been gluten free for three years, and started blogging to help others who struggled to learn to live without gluten. She also wants to be sure those visiting Maui can have a beautiful stay without worrying about what they are going to eat, so they can focus on making memories. It's all about eating gluten free on a rock in the sea.

Originally published at: [Gluten-Free Maui](#)

## Ingredients

- 1 cup Amanda's High Fiber Blend (recipe below)
- 1 cup Bob's Red Mill Corn Grits (or other cornmeal)
- 1 cup plain kefir
- 1/4 cup melted butter
- 3 tablespoons maple syrup (or honey, or agave)
- 1/2 tsp xanthan gum (or guar gum)
- 2 eggs
- 2 teaspoons baking powder
- 1 teaspoon salt

## Method

Mix together everything up to the eggs (but not the eggs). Let sit, covered, overnight on your counter.

In the morning mix in the two eggs, baking powder, and salt. Spread batter in a 9×9 baking pan, or 9 inch cast iron skillet, and bake at 350F for 25-35 minutes or until toothpick comes out clean. Let cool, and enjoy!

## Amanda's High Fiber Blend

- 1/2 cup sorghum flour
- 1/2 cup brown rice flour
- 1/2 cup dark teff flour
- 1/2 cup millet flour
- 2/3 cup arrowroot starch
- 1/3 cup corn starch

Spoon each flour into the appropriate measuring cups and whisk, or sift, together. When using in a recipe spoon the flour mixture into the cup, do not tap, and scrape off the excess. Store the extra for other baking projects. It isn't recommended for lighter flavored or delicate pastries. Yields 3 cups.

# Peppery Cheese Bread (SK)

Mindy blogs at The Purposed Heart, a site focused on the home, the family, and on living with a purposed heart. She is passionate about cooking, her family, and the Lord, and believes in eating real, whole food in the way that God intended for us to eat it. Mindy believes that God has given each of us the responsibility to be good stewards of our bodies, our homes, and our world; and that in doing these things, we are pleasing Him and praising Him!

Originally published at: [The Purposed Heart](#)

## Ingredients

- 2 1/2 cups whole wheat pastry flour
- 1 1/4 cups kefir, buttermilk, or yogurt thinned to the consistency of buttermilk
- 1/2 cup butter, melted
- 2 eggs
- 1 tablespoon spicy brown mustard
- 1/2 tablespoon honey
- 1 1/2 teaspoons coarsely ground black pepper
- 1 teaspoon sea salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 cup coarsely shredded cheddar cheese
- 1/4-1/2 cup green onions, as desired (I usually go for closer to 1/2 cup)

## Method

In a glass bowl, combine the flour, kefir (or buttermilk or yogurt), and butter until all of the flour is moist. Cover and leave at room temperature for 12-24 hours. When ready to proceed, whisk together the eggs, mustard, and honey in a separate bowl. Once combined, add the pepper, salt, baking powder, and baking soda and whisk well.

Add the egg mixture to the soaked flour mixture and combine well. A stand mixer on low speed with the paddle attachment works very well for this. Fold in cheese and onions. Transfer to a greased 9-in. x 5-in. loaf pan. Bake at 350 degrees for 45-55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack. *Enjoy!*

# 100% Whole Grain Tortillas (SK)

Originally published at: [Kitchen Stewardship](#)

## Ingredients

2 c. white whole wheat flour  
1/4 cup coconut oil or butter or lard  
1/2 cup water  
1 Tbs. [whey](#) or lemon juice or yogurt  
1 tsp. salt

## Method

Cut fat into flour. Combine water and whey and add to the flour mixture. Leave out at room temperature overnight. You can also use whey entirely in place of the water (you may need up to 1/4 cup extra), if you happen to have too much whey on your hands. After a 12-24 hour soak at room temperature, sprinkle the 1 tsp salt on and knead into dough. Do not refrigerate at all, unless you need to hold the dough until a later time.

Divide dough into 8-11 balls, depending on how big you want your tortillas. Roll **as thin as possible** on a lightly floured surface. Heat an ungreased electric griddle or cast iron skillet very hot (400 degrees) and drop tortillas on it.

Cook about 20 seconds, until lightly flecked with brown on one side, then flip until brown spots appear on the other side. Serve immediately or refrigerate (or freeze) in airtight container.

## Cook's Notes

- It takes about 10 minutes to make the dough and between 10-15 minutes to roll it out and cook the tortillas, once you get your rhythm down. Not too bad to save \$3-5.
- If you don't have an electric griddle, you can still make them one at a time in a frying pan.
- Do roll as thin as possible. The tortillas are still tasty if they're not really thin, but they start to remind you of pitas!
- This recipe works great with [sprouted wheat flour](#)! If you forgot your overnight soak and do have sprouted wheat on hand, it's definitely the way to go. (You can purchase sprouted flour at [Shiloh Farms](#), one of the eBook sponsors.)
- My mom tried half white whole wheat, half corn flour with good success! If you cook them crispy, they're almost like tortilla chips or hard taco shells. My dad liked them, and he's not a Mexican food fan.
- Find a Rhythm: *Roll a few out to begin with, and then start putting them one by*

*one on the griddle. (YES to using plenty of flour to prevent sticking!) I've found that when I get moving quickly, I can roll out one tortilla in the time it takes to brown one side, so my rhythm is like this: Put tortilla on griddle, roll out, flip tortilla no. 1 and add tortilla no. 2, roll some more, remove tortilla no. 1 and flip tortilla no. 2...and so on.*

- Get caught up with a handy list of all the [soaking grains information](#).

## Tortilla FAQs

- *Is it normal for the soaked dough to look like it's "risen"?* Yes.
- *Is it okay to have little chunks of coconut oil that don't seem to blend in?* You bet.
- *What's the best kind of rolling pin for tortillas?* I learned this from a darling Mexican grandmother who visited my classroom to make us tortillas – cut an old broom handle to make about an 8-inch rolling pin. It's perfect for turning around the little tortillas without knocking down everything on your counter. (I really need to make myself one of these; my kitchen is so small!) Perhaps one could also use a new dowel rod instead of a used broom handle...
- *How do you roll out the dough?* I smash the little ball flat with my hand, then go from the center to the outside a few times, then flip the whole tortilla over and repeat. I also use a cutting board to roll out so I can rotate the whole cutting board to get different angles. Center to outside, center to outside, turning as you go. I get a lot of square tortillas, so I shouldn't go into any more detail!
- *A tip from Laurie at [Common Sense Homesteading](#): "If you put your tortillas in a closed container (I've got a big old Rubbermaid bowl with a lid) while you're cooking up the rest of the batch, the steam will soften them up and make them easier to roll."*
- I tried freezing the tortilla dough in little balls, and it worked great! I thawed them overnight in the fridge and then let them come to room temperature throughout the afternoon on the counter. You can also freeze the cooked tortillas with good results.

Want to try sourdough tortillas? There's a recipe from *GNOWFGLINS* in the [sourdough eCourse!](#)

Other soaked recipes by this author can be found [here](#) and throughout this eBook.

Find all Katie's published eBooks [HERE](#).

# Homemade Biscuits (SK)

Originally published at: [Kitchen Stewardship](#)

## Ingredients

2 c. flour\*  
3 tsp. baking powder  
½ tsp salt  
¼ c. butter or coconut oil or lard  
¾-1 c. buttermilk or yogurt

\*can use ½ whole wheat flour or even 100% whole wheat **pastry** flour.

## Method

Cut fat into flour and mix with cultured buttermilk or yogurt. Leave on counter overnight, then sprinkle the baking powder or salt over the top and fold in as thoroughly as possible yet with as few strokes as possible. The key to flaky biscuits is less handling.

Roll out approximately 1 inch thick and cut with a glass dipped in flour (or you can make rounds by hand).

Bake at 425 degrees on ungreased baking sheet or stone for 13-15 minutes (parchment paper works great).

Other soaked recipes by this author can be found [here](#) and throughout this eBook.

Find all Katie's published eBooks [HERE](#).

# Whole Grain Cornbread (SK)

Originally published at: [Kitchen Stewardship](#)

## Ingredients

- 1 c. cornmeal (make sure it's not "degerminated")
- 1 c. whole wheat flour
- 1 c. buttermilk or yogurt or a combination of the two
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 2 Tbs. honey
- 2 beaten eggs
- ¼ c. butter or coconut oil

## Method

Mix together cornmeal and flour buttermilk and/or yogurt Soak at room temperature overnight, then add baking powder, baking soda, salt, eggs, honey and coconut oil or butter at baking time. Be careful to stir the baking powder, soda and salt in evenly.

Pour into greased 9×9 pan and bake 25 minutes at 400 degrees. Serve hot. Store in fridge if you want leftovers to last more than a day or two. I love to make this in a cast iron skillet for a little added rustic-ness!

Other soaked recipes by this author can be found [here](#) and throughout this eBook.

Find all Katie's published eBooks [HERE](#).

# Honey Whole Wheat Bread (SD)

Originally published at: [Kitchen Stewardship](#)

## Ingredients

- 1 1/2 cups whole wheat [sourdough starter](#)
- 2 cups whole milk (or even water)
- 1/4 cup mild honey
- 2 large eggs
- 6 cups (divided) whole wheat flour, plus extra for kneading
- 2 teaspoons sea salt
- 6 Tablespoons unsalted butter, at room temperature (or coconut oil)

## Method

The night before you are going to bake bread, make a sponge by mixing the starter with the milk and 3 cups of flour. Cover and leave at room temperature overnight, or better yet, in the oven with the light on. I always turn the oven on to 350 degrees for one minute exactly when I'm trying to get my sourdough yeast to be most active. (I use a KitchenAid mixer to accomplish my bread – I could NOT do it without that tool! However, Sarah does, so [visit her](#) if you don't have a KitchenAid with a dough hook.)

The next morning, stir the sponge before beginning. Then, add in the honey and eggs, stirring until incorporated. Add the remaining flour, salt and butter and use your dough hook to fully mix, then knead for 5-7 minutes, adding more flour as necessary. Here's where we radically depart from conventional yeast bread. Don't add too much flour. That's how you get a doorstep loaf, aka "straight to crouton," or worse yet, a brick, aka "straight to breadcrumbs." I add just barely enough to get the dough pulling away from the sides ever so slightly.

When trying to figure out if you've kneaded enough or added enough flour, keep in mind that developing gluten, the substance in grains that enables a rise, is your goal. "Developed" gluten is sticky and allows you to stretch the bread dough. *Elasticity* would be a word to keep in mind.

Cover the dough with a towel and put it back in the oven with the light on, 350 degrees for exactly one minute and then off. Sourdough takes longer to rise than commercial yeast, so expect anywhere from two to four hours, depending on the strength of the starter and the heat in your kitchen. I almost always leave it for four to six, or longer if necessary! Have patience. I knead the dough at breakfast and shoot to get it in the loaf pans around 3:00 to bake for dinner.

Butter two 9×5-inch loaf pans. Once the dough has doubled in size, pour it into the loaf pans. I'm serious. Pour it. Again, for the normal directions, check out [Sarah's version](#) where she tells you how to make a nice loaf. I pour.

Cover the pans again and put them in the oven – you know the drill by now – with the

light on, 350 for a minute and off. This is a great time to baby your starter, too, so keep it in that nice warm oven. When the dough has risen at least to the top of the pans or a half-inch above, which takes an hour and a half to three hours, position a rack in the middle of the oven and preheat to 375 degrees Fahrenheit. (Yes, take the loaves out first, please.)

*When my starter was less mature or is less active, I could leave my loaves forever (it seemed) without consequence. Some days the rising action is just working so well that I actually have to keep an eye on things or risk overrising the dough! If this happens to you, just bake with a cookie sheet underneath to catch the dough that will fall down. The bread is still good, if odd-shaped!*

Slash loaves, then immediately bake until they are honey brown and sound hollow when tapped on the top, 35-40 minutes. Be careful not to overbake this bread or it will be dry. Carefully remove the loaves from the pans and let cool completely on wire racks before slicing. See [Sarah's version](#) for the fancy crusty crust method and adaptation for rolls.

#### **Cook's notes:**

- **I added a half cup starter to this recipe** because I was worried I wouldn't get it to rise. Now that I've had success, I'm afraid to take it back out, but doing so would probably reduce the overall sourness of the finished product and not really affect the rise. I also added a cup of flour to the sponge, taking it from the next day's dough. My intent was simply to get more flour soaking overnight for more total phytate reduction.
- I use **half and half traditional (red) whole wheat and white whole wheat**, red for the gluten content and white for the lighter flavor. Sometimes I also use part spelt or rye flour (remember that rye is highest in [phytase](#), so a great flour to use with sourdough). The recipe is very versatile!
- In my research on the [health benefits of sourdough](#) bread, I came across a source that said that any sponge that includes milk would inhibit the fermentation process. **I tried this recipe with water 100% instead of the milk**, and it was equally as good! The milk and eggs both will serve to make the final loaf softer, so if you're nervous about good results, go ahead and use the milk. Once you're confident with the bread, give water a try. It's more frugal, too! (I have not tried it without the eggs.)
- I also forget to set the [butter](#) on the counter sometimes and have replaced it with coconut oil in a pinch with fine results.

#### **Storage:**

- To keep the fresh-baked crusty and crunchy crust, just store the entire loaf out in the air. Once cut, you can put the heel back on the end to keep it fresh, or just give up on crunchy crusts and put it all in a bag or other airtight storage. I always at least let the loaves sit out overnight on the rack. Sarah's recipe states

that the bread keeps for a week in the fridge, but in my experience, you can't hardly convince this stuff to mold. I've read elsewhere that because sourdough is a fermented food, it does have the added longevity you would expect from a ferment. You don't have to refrigerate it for quite some time, but you could freeze it for the future if you like. If you freeze it, wait a day after baking before storing to increase the nutrient density even further, believe it or not.

*Other soaked recipes by this author can be found [here](#) and throughout this eBook.*

*Find all Katie's published eBooks [HERE](#).*

This recipe is featured in the [GNOWFGLINS eCourses](#). The sourdough course is also available for purchase [as an eBook](#).

*The photo at the beginning of the breads section depicts a lovely loaf using this recipe!*

# Snacks



# Homemade Wheat-Thin Style Crackers (SK)

Originally published at: [Kitchen Stewardship](http://www.KitchenStewardship.com)

## Ingredients

1 ¼ c. whole wheat flour (can use spelt or white whole wheat)  
1 ½ Tbs. sugar (or honey)  
½ tsp. salt  
¼ tsp. paprika  
4 Tbs. butter  
1 tsp. whey plus water to make ¼ cup (can increase the amount of whey up to the entire ¼ cup)  
¼ tsp. vanilla  
salt for topping

## Method

**Mix 'em:** Combine the flour, sugar, salt and paprika in a medium bowl. Using a pastry blender or two knives, cut the butter thoroughly into the dry mixture until it looks like large crumbs, no bigger than a pea. Some people use a food processor to cut in the fat, but I prefer to save dishes and keep it all in one bowl. Combine the whey, water, and vanilla in a measuring cup, (plus honey if using), and add to the flour mixture. Mix well until combined and dough forms, but only as long as necessary for the most tender crackers. Allow to sit at room temperature 12-24 hours.

**Prep 'em:** Use parchment paper, a lightly greased cookie sheet, or an ungreased baking stone. *For crackers, I would HIGHLY recommend using a baking stone, or at least parchment paper or a Nonstick Silicone Baking Mat. I roll the dough right out on the stone or mat, after flouring it lightly, and bake them. That way I don't have to worry about ruffled crackers as I move the fragile dough.*

**Roll 'em:** Only use one fourth of the dough at a time. Cover all your surfaces with flour and roll the dough as evenly as you can. You might flip the dough to make it easier to roll, but I don't always have to. Keep rolling until the dough is as thin as humanly possible without tearing. Use a pizza cutter or sharp knife and cut the dough into squares or triangles, about 1 1/2 inches each. Fork pokes make them look extra authentic. If you want all beautifully square crackers, you can trim the edges square. I skip the trimming and just deal with weird shaped crackers. Those go to the toddler right away! (Note: be sure you don't cut your silicone mat!)

**Bake 'em:** Make sure your oven is preheated to 400 F. If you have used a mat or parchment paper, just slide it onto a cookie sheet. If you don't have either, you'll have to move each cracker individually. Sprinkle the squares lightly with real salt, if desired. Repeat with the remaining pieces of dough.

Bake the crackers, one sheet at a time, until crisp and browned, 5 to 10 minutes. (If you want to do two trays at once, you can put one on top and one on bottom and

switch them halfway through the baking time.) If some of the thinner crackers on the edges brown too quickly, remove them and return the remaining crackers to the oven to finish baking. These crackers bake quickly, so watch them closely – even 30 seconds can turn them from golden brown to toast!

**Are they done?** You want them to be almost crispy, but not totally breakable to deem them “done”, because they will crisp up a bit as they cool. You’ll learn after a tray or two the difference between “too soft” “done” and “oops”. They’re still tasty when they’re soft, just not so cracker-y. Remove the crackers from the oven and cool on the pan or on a rack; they cool quickly. These crackers will stay crisp for many days, but are best stored in airtight containers.

For extra crispy crackers, if you have space and baking stones to suffice, simply turn the oven off a minute or two early with the crackers still inside. They’ll crisp up just lovely as it cools down.

The printable recipe with even more tips and tricks is in my Healthy Snacks To Go eBook right [HERE](#).

# Thin Wheat Crackers (SD)

Originally published at: [Kitchen Stewardship](#)

## Ingredients

1 cup “discarded” sourdough starter  
1/4 cup room temperature lard from pastured pork (or coconut oil or softened butter)  
1 cup whole wheat or spelt flour, or as much as you need to make a stiff dough  
1/2 tsp sea salt  
Olive oil for brushing  
Coarse salt (such as kosher salt) for sprinkling on top

## Method

In a large bowl, combine the sourdough and the lard and mix thoroughly. Mix the salt in with 1/4 cup flour and add to the sourdough mixture. Knead it all together in the bowl, adding as much flour as necessary to make a stiff dough. Cover the dough with plastic wrap or put a lid on the bowl to prevent it from drying out. Leave the dough at room temperature for at least seven hours.

Seven or more hours later, preheat the oven to 350 degrees. Take a small portion of the dough (about 1/4 cup) and roll it out on a Silpat or other nonstick baking mat using a rolling pin, until it is very thin.

Pour a little bit of olive oil on the rolled out dough and spread it to the edges of the dough with a pastry brush or your hand. Sprinkle liberally with coarse salt. (I tried these with fine sea salt and it really wasn't as good as the kosher salt!) Cut the dough vertically and horizontally into quadrangles with a pizza cutter. Transfer the Silpat onto your baking sheet and bake for 15-20 minutes or until just golden brown. Repeat in batches. The crackers shrink a little bit in the oven, so when you pull out your baking sheet, they will already be separated and you don't have to try and transfer the delicate dough from one surface to another.

*For extra crispy crackers*, If you have space and baking stones to suffice, simply turn the oven off *with the crackers still inside*. They'll crisp up just lovely as it cools down.

**Additional notes:** This dough also freezes well and you can easily defrost one or two batches at a time so that you can have fresh crackers every day! I made a double batch of dough and let it “soak.” Then I divided it into eight equal portions which I shaped into balls and then froze. It takes 1-2 hours for the dough to defrost. Then place it on your Silpat or baking stone and continue with the recipe.

They are also excellent with a little garlic powder and Italian seasoning on top.

There is another homemade cracker recipe in the [Healthy Snacks To Go eBook](#).

# Pumpkin Muffins (SK)

Originally published at: [Kitchen Stewardship](#)

## Ingredients

- 1 2/3 cup white whole wheat flour
- 1 c. pureed pumpkin
- 3/4 c. water + 2 Tbs buttermilk or plain yogurt
- 1/2 c. melted butter
- 1 cup sugar or natural granular alternative
- 2 eggs
- 1/4 tsp baking powder
- 1 1/2 tsp baking soda
- 3/4 tsp salt
- 1/2 tsp cloves
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

## Method

Mix together flour, pumpkin, water, buttermilk/yogurt, and butter and allow to rest (soak) overnight at room temperature: Do make sure your butter is cooled a bit before mixing in, and pour while mixing so the colder ingredients don't harden up the butter.

When ready to bake, add remaining ingredients and mix until just combined. Pour into muffin cups and bake 45 minutes at 325 degrees F. They'll be a bit more moist than you're used to with the "toothpick test". Do not overbake! Allow to rest 5 minutes in the tins, then tip out to cool on racks.

The printable recipe with even more tips and tricks, including the honey whole wheat version, is in my Healthy Snacks To Go eBook right [HERE](#).

## Pumpkin Muffins (SK)

Christine is a holistic, attachment parenting, Christian homeschooling mother of 3 children. She is a Weston A. Price Chapter leader, raw milk crusader, and traditional foodie who loves the outdoors, gardening, cooking and spending time with her family.

Originally published at: [Butter Belle](#)

### Ingredients

2 cups of whole grain flour, preferably freshly ground (I used whole wheat)  
3/4 cup sour dairy, such as buttermilk, yogurt, kefir, or clabber (could also use water + 2 TBS lemon juice, whey, or apple cider vinegar)  
1/2 cup melted butter or coconut oil (lard or tallow might be ok too)  
1 cup pureed pumpkin, squash, or sweet potato (could also use mashed banana or applesauce)  
2/3 cup sucanat or granulated palm sugar  
2 eggs, pastured or free-range organic  
1/4 tsp baking powder  
1 1/2 tsp baking soda  
3/4 tsp sea salt  
1/4 tsp cloves  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
*Optional add-ins: 1/2 cup raisons, dried cranberries, chopped dates, or crispy nuts*

### Method

In a glass bowl, combine the flour, dairy, and melted butter together. Cover with a clean dish towel or plate and allow this mixture to soak at least 8 hours, or even better, 24. The longer it soaks, the greater the reduction of phytic acid. It is also important that you place this mixture somewhere warm. A good place is your oven with just the light on, or a dehydrator set on low. A cold counter top in the winter is *not* going to reduce any phytates. You need *warmth*.

Once the batter has had a good soak, add in the rest of the ingredients. You will have to give it all a very good stir. Forget what you have learned about making muffins in the past. It's not going to work here... but it doesn't matter, they're still going to turn out fine! I think I may have even used my electric mixer to get everything incorporated really well, that's ok! Fold in your add-ins at the end, if using.

Pour into greased muffin tins (preferably not aluminum or non-stick — stoneware is good). Bake in a 325 degree oven for about 30-35 minutes. A toothpick inserted into the center should come out clean and your house should be smelling wonderful.

That's how I know something is ready, it smells done! This recipe makes me about 16 regular sized muffins.

Allow to cool for a few minutes and be sure to serve with plenty of raw pastured butter or cream cheese.

*For more soaked, sprouted, or soured recipes from this kitchen, see:*

- [Sprouted Chocolate Chip and Zucchini Cookies](#)

# Granola Bars (SK)

Originally published at: [Kitchen Stewardship](#)

## Ingredients

4 ½ c. [soaked and dried oats](#)  
½ or ¾ c. butter  
½ c. whole wheat flour  
2/3 or 1 c. honey  
1 c chopped. [crispy](#) walnuts  
2 tsp. vanilla  
1 cup add-ins: mini chocolate chips, dried fruit, sunflower seeds, coconut, etc

## Method

In a small saucepan, melt butter, honey and vanilla over medium low heat. Once butter is melted and bubbly, cook and stir for 5 minutes, until the frothy bubbles go away and the mixture looks more like soft crack candy. The bubbles will be larger and more controlled. This is important! In a separate bowl, stir together the dry ingredients. Mix the liquid with the oats. Incorporate add-ins at this point (mini-chocolate chips melt, so you may want to cool first).

### Choose Your Own Ending

*Unbaked* (Use the 2/3 cup honey and ¾ cup butter) Line a container of any kind with waxed paper (I've used glass dishes and plastic storage containers.) Press bar mixture in, well, with waxed paper. Allow to harden up (the refrigerator speeds this up, but isn't necessary) and then cut into bars.

*Baked* (Use 1 cup honey and ½ c. butter, or use less honey but have more crumbly results. Add 1 tsp. baking soda and mix in thoroughly.) Press mixture hard into a greased 9"x13" pan; use wax paper on your fingers to apply pressure. Bake at 325 degrees F for 10 minutes. Allow to sit in pan until completely cool and then cut into bars.

*Taste difference?* Believe it or not, 10 minutes in the oven does something considerable. The baked bars have a mouthfeel related to a cookie (but not quite) and are less sweet. Unbaked bars are more like a sticky Quaker chewy granola bar, but with the 1 cup honey are much too sweet (and more expensive anyway). You could try half and half in 8"x8" pans to see which you prefer! *Makes at least 20 bars, equivalent to about 3 boxes processed bars.*

Check out all the fun snacks recipes in my *Healthy Snacks To Go* eBook right [HERE](#). This recipe is the free download [here](#).

# Pancakes & Waffles



## Hidden Veggie Waffles (SK)

KerryAnn Foster runs Cooking Traditional Foods, the longest running Traditional Foods Menu Mailer on the internet. KerryAnn has over nine years of traditional foods experience and is a former Weston A. Price Foundation chapter leader. Founded in 2005, CTF helps you feed your family nourishing foods they will love. Each mailer contains one soup, five dinners, one breakfast, one dessert and extras. You can learn more about our Menu Mailers and get a free issue at <http://www.cookingTF.com>.

Originally published at: [Cooking Traditional Foods](#)

### Ingredients

¾ cup acidic liquid\*  
½ cup whole grain, a mixture of your choice\*\*  
2 tsp chia seed, optional  
½ cup cooked squash, carrot puree, applesauce, banana, or other cooked and pureed veggie or fruit  
½ cup or more almond milk, rice milk, dairy milk, water or other liquid  
1 cup cooked rice  
¼ cup melted coconut oil, butter, shortening or other fat  
2 tsp vanilla  
2 eggs  
¼ tsp baking soda  
1 tsp salt  
1 tsp baking powder  
dash xanthan gum, optional  
smidgen stevia, optional  
½ cup tapioca flour or cornstarch

\*acidic liquid- you can use buttermilk or 1 cup of water combined with 1 Tbs yogurt, lemon juice, whey, vinegar or other acidic ingredient. Measure out ¾ cups and discard the excess. Use non-acidic liquid, such as plain water or milk, for the additional liquid added the next morning.

\*\* whole grain- you can use any grains you like in any mix you like. I normally use a wide variety. If you are gluten-free, use rice, oat groats, quinoa (no more than 1 Tbs or the flavor will be strong), amaranth, millet, sorghum, buckwheat, etc... If you can consume gluten, you can also use wheat and omit the xanthan gum. I recommend you not use all oat groats, as it will make a gummy waffle. I do not recommend them, but if you use rolled oats, you will need to add extra to make the batter work right. If you don't have any whole grains, you can use ¾ cup of any mix of flours you would like.

## Method

The night before, combine the acidic liquid and the whole grain and chia in a blender. Turn on lowest speed until it gets going, then turn to high speed. Blend for 3 minutes, stopping to scrape down as needed, making sure a vortex keeps going in the middle. The vortex means it is wet enough and it will keep the blender motor from burning out. Cover and leave overnight.

The next morning, preheat your waffle iron. Add the squash, rapadura, milk, cooked rice, melted oil, and vanilla to the blender. Turn the blender back on and run until smooth, about 2-3 minutes. If the vortex doesn't keep going, add additional liquid as needed to keep a vortex in the center. Drop in the eggs and blend briefly.

In a small bowl, combine the baking soda, salt, baking powder, xanthan, stevia and tapioca flour. Turn the blender on and drop the mixture in the middle of the vortex. If you're having trouble with the vortex, you'll want to sift the dry ingredients together before adding them so they won't clump. Blend only long enough to combine the dry ingredients with the wet.

Immediately cook the waffles as directed by your type of waffle maker. We prefer our waffles well-browned so they will be crispy on the outside and just moist in the middle.

*For more soaked, sprouted, or soured recipes from this kitchen, see:*

- [Quinoa Cranberry Pilaf](#)

Products offered by this cook include

- [Menu Mailers](#)
- [Cooking Traditional Foods Menu Mailer Volume One](#) (Book)

# Fluffy Waffles (SP)

Kate Tietje blogs at [Modern Alternative Mama](#) about real food, natural living, and lots more. She is also a contributor at Babble's Being Pregnant blog, and a contributing writer at Keeper of the Home. She has written three ebooks, linked below.

Originally published at: [Modern Alternative Mama](#)

## Ingredients

2 cups [sprouted flour](#)  
1 tbsp. baking powder  
1 tsp. sea salt  
1 cup butter, melted  
3 tbsp. maple syrup  
2 eggs  
1 tsp. vanilla  
1 cup milk

## Method

Preheat waffle iron. Mix dry ingredients in a large glass bowl. In a saucepan, melt the butter. Add the maple syrup, eggs, and vanilla and beat to combine. Pour into the dry ingredients. Add milk and stir together until well combined. Allow batter to sit for a few minutes. Pour scoops onto waffle iron and make waffles. Makes about 10 4"x5" waffles.

Products offered by this cook include

- [Real Food Basics](#) eBook
- [Healthy Pregnancy Super Foods](#)
- [Against the Grain: Delicious Recipes for the Whole Food and Grain-free Diet](#)

# Apple Cinnamon Pancakes (SK)

Melissa Naasko is a Traditional Catholic wife and mother to ten (yes, ten) children. She has five boys and five girls. She spends her days homeschooling, cooking, knitting, sewing and praying with attitude!

Originally published at: [Dyno-mom](#)

## Ingredients

6C whole wheat flour  
6C whole milk buttermilk  
1/3C brown sugar  
1tsp salt  
3T cinnamon  
1/4 cup baking powder  
6 eggs  
3/4 melted butter (a stick and a half)  
3 apples, peeled and fine dice

## Method

The night before, combine flour and buttermilk in one bowl, and brown sugar, salt, cinnamon, and baking powder in another bowl.

Immediately before preparation, combine eggs and butter with soaked flour mixture, and sift the dry over the top. Beat well. Grease skillet, I prefer cast iron. Heat the skillet until a drop of water "dances" on the surface. It should roll around for a minute before evaporating. If it just sits there and evaporates slowly, it is too cool. If it evaporates instantly, it is too hot.

Pour batter onto skillet and top with a few pieces of apple. Turn when edges are dry and bubbles appear on top. Cook an additional few minutes until cooked through. Good plain, better with butter, best with sour cream (preferably homemade).

## Blender Pancakes (SK)

Kara Bagley grew up in the midwest eating all the corn fed beef and pork with a side of sweet corn a body could handle. As she started a family, her interest in health grew and as she cooked more, her love for food grew. Now she is a foodie with the motto "what good is a healthy dish if nobody eats it?"

She teaches cooking and gardening classes on traditional cooking and methods at her home in Mesa, AZ.

Originally published at: [Taste is Trump](#)

### Ingredients

- 1 cup [kamut](#)
- ½ cup [barley](#)
- ¼ cup amaranth
- 1 ½ cup [kefir](#)
- 1 cup milk
- 2 eggs
- 2 tablespoons coconut oil
- 2 tablespoons real maple syrup
- ½ teaspoon salt
- 2 teaspoons vanilla
- 1 teaspoon baking soda
- 1 tablespoon Rumford's baking powder

### Method

Sometime the day before, place grain and kefir in blender, mix on low until combined and cover. In the morning add milk, eggs, oil, syrup, salt and vanilla. Blend for 3 minutes until very smooth. Add baking soda and powder and pulse until combined. At this point the batter will start to grow so you may need to transfer it to a large bowl. Pour/ladle onto a preheated 350 degree skillet and cook on each side for 1 minute. For extra crispy edges, brush pan with butter or coconut oil.

For more soaked, sprouted, or soured recipes from this kitchen, see:

- [Basic Bircher Muesli](#)
- [Cooking Chart for Soaked and Unsoaked Grains](#)

Products offered by this cook include

- [Water Kefir Grains](#)

# Sourdough Pancakes (SD)

Donielle is a Master Herbalist student and natural momma to two littles after struggling with infertility. She has a passion for spreading the word on how food and environment truly affect our health.

Originally published at: [Naturally Knocked Up](#)

## Ingredients

- 2 cups [sourdough starter](#)
- 1 Tbsp maple syrup (or equivalent sweetener)
- 1 beaten egg
- 3 Tbsp coconut oil (or melted butter)
- 1/2 tsp sea salt
- 1 tsp baking soda
- 1 Tbsp water

## Method

Preheat pan to a medium heat. Mix the baking soda in the water and set aside. Mix starter, egg, oil, and salt until well combined. Add water mixture right before you're ready to place on pan and stir gently. Pour about 1/4 cup of batter for each pancake. Cook until the bottom is a nice golden brown and the bubbles have popped on top. Flip, cook a bit more, top with butter and syrup, and enjoy!

Products offered by this cook include

- [Natural Fertility Workshop](#)

## Clabbered Milk Waffles (SD)

Kimberly Hartke is a homemaker with a passion for real food. She and her husband lost 50 lbs between them, and have kept the weight off, by following a low-glycemic, traditional foods "cooked from scratch" diet. He is no longer pre-diabetic, and off blood pressure meds, and she no longer has chronic knee pain, simply by changing their lifestyle. Kimberly now serves as the publicist for the nutrition education non-profit, Weston A. Price Foundation.

Originally published at: [Hartke is Online!](#)

### Ingredients

2-1/2 cups whole wheat flour or spelt flour (organic, freshly ground is best)  
2 cups clabbered milk (see [instructions for clabbering raw milk](#) here)  
1/2 cup raw milk  
2 egg yolks lightly beaten  
4 TBL maple syrup  
2 TBL melted butter  
1 teasp sea salt  
4 egg whites  
pinch sea salt  
melted butter and warm maple syrup

### Method

The day before you plan to have waffles, soak whole wheat or spelt flour in 2 cups of clabbered milk for 12-24 hours in a ceramic or glass bowl covered with a tea towel. This is done at room temperature, just on the kitchen counter in an out of the way place, is perfect.

(I used a mixture of both spelt and wheat since that is what I had on hand—the waffles turned out sort of mottled in color, like a camouflage pattern!)

The following morning, stir in egg yolks, maple syrup, melted butter and salt. Add 1/2 cup raw milk to batter to thin it down. In a separate glass bowl, beat egg whites and pinch of salt until stiff. Fold into batter.

Cook in a buttered waffle iron until done. Serve with melted butter and warmed syrup.

# Whole Grain Pancakes (SK)

Amanda Greco Holmes is happy to spend her days as mama to three little ones, filling her time growing things (and people), creating, learning and enjoying all that surrounds them. They are consistently moving toward sustainability and self-sufficiency in all they do.

Originally published at: [one by one by one](#)

## Ingredients

1 Tbs. olive oil  
1 cup cultured dairy (buttermilk, yogurt or kefir)  
1/2 cup uncooked oats (rolled or whole)  
1/2 cup uncooked brown rice (or try buckwheat, millet, barley, spelt, kamut, or any other whole, raw grain)  
1 egg  
1 tsp. vanilla extract  
1/2 tsp. salt  
1/2 tsp. baking soda  
Other add ins: pureed pumpkin, squash or sweet potato with warming spices; ripe bananas and cinnamon; applesauce; nuts

## Method

Mix oil, dairy, oats and rice or other grain in blender at high speed for three minutes: Keep cover on blender and leave out overnight. Just before baking, add remaining ingredients and reblend for 3 more minutes.

This will be a thin batter, but you can adjust the consistency as needed by adding flour or liquid. I usually make a double batch. Our favorite version uses brown rice, cinnamon, chopped almonds and homemade applesauce. We serve it along with my simplified version of:

### Cinnamon Poached Pears

Place 2 pears, peeled, sliced and cut to desired size, in a small saucepan or frying pan. Add a few tablespoons of water, a dash of salt and a generous amount of ground cinnamon. Cover and simmer for a few minutes, until the liquid reduces and becomes a syrup.

# The Best Pancakes Ever (SK)

Originally published at: [Kitchen Stewardship](#)

## Ingredients

3 cups whole wheat pastry flour\*  
1 c. buttermilk or milk or yogurt\*\*  
1 c. water  
¼ c. apple cider vinegar  
¼ cup melted coconut oil  
4 lightly beaten eggs  
3 tsp. baking powder  
1 tsp baking soda  
1 tsp salt

*\*This recipe works with all regular whole wheat, is much better with half whole wheat/half pastry flour, and is best with all pastry flour. Pastry flour is more expensive, so I like to go 1/2 and 1/2 most of the time.*

*\*\*Because you're adding vinegar to the milk, it's a "fake" buttermilk of sorts and hasn't had a problem sitting on my counter overnight. Raw milk would be safest for this though if you choose to use milk. You can also use the dairy choice in place of the water for even richer pancakes. I have tried all three options, and I think the milk is the best one, but I often use [homemade yogurt](#).*

## Method

Combine flour, buttermilk, water, vinegar, and oil. Leave on the counter, covered, to soak 12-24 hours. Just before cooking, add remaining ingredients and mix.

Cook on a hot (350-400F) surface in plenty of healthy fat like coconut oil or butter. When edges get a bit dry, flip and cook a minute on the second side.

Pancakes, of course, need something on top. If you're using real maple syrup (and you should be!), here are [5 Easy Ways to Stretch Your Real Maple Syrup](#), since it can be pricey. For some high-nutrition protein next to your pancakes, try the [Best Scrambled Eggs Ever](#).

# Other Breakfasts



## Wheat Free Maple Oat Scones (SK)

Brandis read Nourishing Traditions in response to a severe food allergy that her children suffered from and it immediately "clicked" with her- she has worked with children her entire adult life, and the children she knew who were Vegan or who otherwise had limited access to healthy fats suffered either from severe excema, developmental delays, or both, and she always felt it was due to a lack of fat and/or cholesterol.

The more she learned (even before NT) the more she believed it. Since following most of the nutritional practices outlined in NT she have effectively resolved her kids' food issues and significantly improved their immune systems.

Originally published at: [Stir Crazy](#)

### Ingredients

- 1 3/4 cup whole ground spelt (you could use wheat flour)
- 1 cup fresh rolled or cut oats
- 1/2 cup room temperature butter (I don't recommend subbing coconut oil as the melting point is too low and the scones will spread during baking)
- 1/4-1/2 cup maple syrup
- 1/2 cup warm water with 2 tablespoons whey or Apple Cider Vinegar
- 1/2 cup chopped soaked and dried pecans (optional)
- 1/2 teaspoon salt
- 2 teaspoons baking soda

### Method

In a non reactive bowl mix the ground spelt, oats, butter, maple syrup, water, and whey or vinegar. I use my kitchenaid then transfer the mixture to a glass bowl. The mixture should be wet and sticky like a biscuit dough- if it seems dry add more water. Allow the mixture to soak, covered, overnight (at least 8 hours) at room temperature.

The next morning (or 8 hours later) preheat the oven to 400 degrees and mix in the optional pecans, salt, and baking soda. The dough should be stiff but still sticky. Drop spoonfuls of dough (about biscuit sized) onto a sheet pan. Bake for 15 to 20 minutes.

## Soaked Baked Oatmeal (SK)

Christy is mom to three little girls age 5, 3, and 1. She is on a mission to create a safer home for her family, one step at a time. She enjoys researching product safety, toxins in the home, healthy eating, and of course blogging about it all. She writes about "all things mom"- cooking, breastfeeding, cloth diapering, mothering, homeschooling, and more. Stop by and say "hi" when you get a chance!

Originally published at: [One Little Word She Knew](#)

### Ingredients

2 cups oatmeal  
1 cup full fat yogurt  
1/2 cup water  
2 eggs  
1/2 cup sugar  
1/3 cup oil  
1 tsp vanilla  
1 1/2 tsp cinnamon  
1 1/2 tsp baking powder  
1/2 cup milk  
optional - 1-2 cups fresh, frozen, or dried fruit

### Method

The night before, mix oatmeal, yogurt, and water in an 8x8 pan. Cover with a kitchen towel and let soak overnight on the counter. Some sources say that soaking oats for 24 hours is preferable, so you could even prepare this in the morning the day before and let it soak longer. Also, you might want to add a tablespoon of whole wheat flour to help the soaking process work properly.

In the morning, mix the remaining ingredients in a bowl. Add this mixture to the soaked oats and mix well. Bake at 350 for 40 minutes. Serve plain, or top with yogurt, milk, or applesauce. We enjoy eating the leftovers cold, or reheated.

# Giant Breakfast Cookies (SK)

Laura blogs at [www.HeavenlyHomemakers.com](http://www.HeavenlyHomemakers.com). She and her husband Matt have four boys. Laura loves adapting recipes to become healthy and family friendly. She'd love to have you join her over at Heavenly Homemakers where she shares healthy recipes, family encouragement and good ol' clean fun!

Originally published at: [Heavenly Homemakers](http://HeavenlyHomemakers)

## Ingredients

1 cup butter, melted  
½ cup buttermilk  
2 cups whole wheat flour  
2 cups whole rolled oats  
¾ cup honey  
2 eggs  
1 t. salt  
1 t. cinnamon  
1 t. baking soda  
1 t. vanilla  
1 cup raisins or chocolate chips

## Method

Melt and cool butter. In a glass bowl, stir together flour, oats, butter and cultured buttermilk. Add a bit more buttermilk than the 1/2 cup the recipe calls for if the grains are not all moistened. Cover and let the grains soak overnight.

Stir in the remaining ingredients in the morning. Scoop heaping tablespoons of dough onto a cookie sheet. Bake at 350 degrees for 15-20 minutes. Allow cookies to cool 3-4 minutes on cookie sheet before removing cookies to cool on a wire rack.

Products offered by this cook include

- [Learn Your Letters, Learn to Serve](#) early learners complete curriculum kit
- Many healthy recipes [ebooks](#)

# Breakfast Brownies (SK)

Joanna is the spouse of a seminarian and the mother of a toddler. She is a homemaker, dance teacher, choreographer, and a lover of homemade, natural things. She has a passion for real food - like yellow butter from cows that eat grass, made-from-scratch sourdough bread, homegrown heirloom tomatoes, and juicy just-picked peaches.

Her passion for food is not about guilt or exclusivity or snobbery. It's about the goodness of life, about taking care of what we've been given (our world, our bodies, our families), and sharing what we have with those around us.

Originally published at: [plus other good stuff](#)

## Ingredients

- 1-1/4 c. rolled oats
- 3/4 c. whole wheat flour
- 1/2 c. yogurt
- 1 c. butter, divided
- 1 c. sucanat
- 1/4 c. honey
- 4 eggs
- 1 T. vanilla extract
- 3/4 c. cocoa powder
- 1 t. baking powder (aluminum free)
- 1 t. unrefined salt
- 1 t. instant coffee or espresso powder
- 1 c. dark chocolate chips
- 1 c. chopped walnuts/pecans
- 1 c. dried fruit - tart cherries, apricots (chopped), cranberries, or something else!

## Method

In a stand mixer, combine oats, flour, yogurt, and 1/2 c. butter. Make sure everything is evenly moistened. Let soak overnight, at least 7 hours.

Preheat oven to 350. Grease a 9x13 pan. Melt 1/2 c. butter in a saucepan over low heat. Add sucanat and honey and stir. Heat until bubbling, then remove from heat and stir. Whisk in the cocoa, baking powder, salt, instant coffee, and vanilla, and let cool until you can comfortably touch it with your finger.

Whisk the eggs into the saucepan, then add the entire mixture to your mixing bowl with the flour and oats. Mix until thoroughly combined, but do not over mix. Stir in chocolate chips, nuts, and dried fruit. Spread into 9x13 pan. Check after 25 minutes, and bake until the center feels firm. Do not over bake or they will be too crumbly.

# Banana Pudding Breakfast (SK)

Janet is a wife, homemaker, and mom of three. She strives to feed her family the healthiest, most cost-effective food as possible. Join her on her journey to a dairy/gluten/meat limited, low sugar, more vegetable laden, soaked grains diet.

Originally published at: [The Goods On Food](#)

## Ingredients

2 Cups Oats

1 cup water

2 TBS yogurt (Or 1 TBS apple cider vinegar, if you want to do the vegan thing)

2 bananas

Milk of any sort or water or juice would work, too!

spinach (Optional!)

Toppings: Walnuts, almonds, raisins, raisins, coconut, etc

## Method

Mix 2 cups of oats, one cup water and 2 TBS yogurt in a bowl the night before you want to eat this for breakfast. Leave it on the counter until the morning. In the morning, blend the bananas, spinach and the milk or juice in the blender until just smooth. Try not to make it too thin. Add the oats and pulse until desired smoothness. Pour into bowl and add desired toppings.

# Coffee Cake (SK)

Sara is a full-time working mom, commuting 150 miles per day. Yet she is devoted to the health of her family and attempts to serve real, nourishing meals daily. She loves trying new recipes and enjoys the challenge of converting old recipes with conventional ingredients into healthy, nourishing dishes. Sara spends much of her free time gardening, re-vamping an old overgrown orchard, reading, biking, traveling, and spending time with her family.

Originally published at: [Today's Menu](#)

## Ingredients

1 cup whole wheat flour  
1 cup spelt flour  
1 cup buttermilk  
1/2 cup butter  
1 cup sugar (I used half sucanat and half cane sugar)  
2 eggs  
1 teaspoon vanilla  
1 teaspoon baking soda  
1/2 teaspoon salt

### Filling:

1/3 cup sucanat  
1/4 cup sugar  
1 teaspoon cinnamon  
1 cup nuts (optional)

### Glaze:

1 cup unbleached powdered sugar  
2-3 Tablespoons milk

## Method

Mix flours and buttermilk together in a small bowl. You may need to add an extra 1/4 cup of buttermilk. You want to have just enough moisture to cover all of the flour. Cover the bowl with a plate or kitchen towel and let sit at least 8 hours or overnight.

When you are ready to bake, heat the oven to 325 degrees. Grease a 9x13 pan with coconut oil or butter. Beat butter, sugar, eggs, and vanilla together. Add baking soda and salt. Then add the soaked flour mixture. Stir well. Mix filling ingredients in a separate bowl. Put half of the dough in the prepared pan. Top with half of filling. Spread the remaining dough on top. Then remaining filling. Bake 35-40 minutes. While still warm, mix glaze and drizzle over top.

## Baked Doughnuts (SK)

Adrienne Urban is a wife and a homeschooling mother of two boys, one of whom has Asperger's and life-threatening food allergies. In her past life she worked in the financial services industry and taught in Japan.

She has a passion to help others navigate the sea of information on the road to healthier lives while trusting God for the results of their efforts. Because she loves to (and can't afford not to :-)), she specializes in frugal living and simplifying special diets (allergen-, gluten- and sugar-free).

Originally published at: [Whole New Mom](#)

### Ingredients

- 4 1/2 c whole grain flour (use 5 1/2 if using spelt)
- 4 t baking powder
- 1 t baking soda
- 1/2 t salt
- 1/2 t nutmeg
- 1 t cinnamon
- 2 eggs (or alternative)
- 1 c granulated sweetener
- 5 Tbsp coconut oil, melted
- 1 T apple cider vinegar or lemon juice added to milk or milk substitute to make a total of 1 c liquid)
- Topping: 3 Tbsp granulated sweetener & 1 t cinnamon

### Method

Combine the flour, sweeteners, fats, and liquids together (excluding the eggs. However, if you are using a powdered egg replacer, you can add the liquid that you would add to the recipe at this point in order to make the dough easier to handle). Let dough rest for 12-24 hours. Add remaining ingredients and mix well.

Roll out dough to approximately 1/2" thickness. Cut with doughnut cutter. Or alternatively, shape into desired shapes. Brush tops with melted coconut oil, milk, milk substitute, or water. Sprinkle with topping.

Bake at 425 degrees for 8-10 minutes. Try not to eat them all! 😊

Alternatives and notes for those with special diets:

- You may find that you need to be flexible with the amount of flour that you use for this recipe depending on the grain that you choose. You will want a very stiff dough that is not wet at all, like a shortbread. For spelt, you will probably need about 5 1/2 cups.

- For gluten-free flours, use 25% more baking powder and soda. I typically use whatever I happen to have on hand. Yesterday I used 3 c sweet brown rice flour with 1 1/2 cups sorghum with success. I had to increase the liquid to about 1 1/2 cups to make it pliable, however.
- For sugar free, a mixture of 1/2 xylitol and 1/2 erythritol for the granulated sweetener works great

Products offered by this cook include

- a number of food, health, and other items in her [store](#).

## Cold Breakfast Cereal (SK)

Sarah is an honors graduate in Economics from Furman University and holds a Master of Government Administration from the University of Pennsylvania. She designed financial systems for public and private corporations for ten years before tackling her most important career - being a Mom.

Sarah has been the Tampa/St. Pete Chapter Leader for the Weston A. Price Foundation since 2002. She has contributed articles to Wise Traditions Journal and will be speaking at the 2011 Wise Traditions Conference, her third appearance in five years

Originally published at: [The Healthy Home Economist](#) (click through for a video on how to make this recipe!)

### Ingredients

- 6 cups freshly ground flour
- 3 cups plain yogurt, kefir, buttermilk, or clabbered milk (use 3 cups water plus 2 TBL lemon juice or apple cider vinegar for dairy allergies)
- 3/4 cup coconut or palm oil
- 1 cup Grade B maple syrup or honey (1/2 cup sweetener plus 5 drops stevia may be substituted)
- 1 Tsp sea salt
- 2 Tsp baking soda
- 1 Tsp vanilla extract
- 1 Tsp maple flavoring
- 1 TBL ground cinnamon

### Method

Mix fresh flour and soaking medium of choice in a large, glass bowl. Cover with a clean cloth, secure with a rubber band and leave on the counter for 24 hours.

Mix remaining ingredients well into the soaked batter. Pour into 2 – 9X13 pans and bake at 350F for about 30 minutes until a toothpick inserted in the center comes out clean. Do not overbake.

Let cool and crumble the cake into small pieces (see video for ideal size) and dehydrate on cookie sheets at 200F for about 12-18 hours. Turn cereal pieces every few hours to dry evenly.

Store in airtight containers in the refrigerator.

# Crunchy Homemade Granola (SK)

Kimarie is a daughter of God, wife to her beloved, and homeschooling mother of nine children. She lives in the country and blogs at The Cardamom's Pod, where she shares helpful tips, funny stories, and down-to-earth adventures. Topics include scratch cooking and recipes, do-it-yourself projects, homeschooling, homesteading, and more.

Originally published at: [The Cardamom's Pod](#)

## Ingredients

12 cups medium rolled oats  
1 cup whole wheat flour  
½ cup whey (or buttermilk, yogurt, or fresh lemon juice)  
3½ cups water  
2 cups whole almonds (or other whole nuts)  
1 Tbsp. real salt  
water to cover  
2 cups shredded unsweetened coconut  
1 Tbsp. cinnamon  
1 cup honey  
½ cup coconut oil (or melted butter)  
2 eggs, beaten (can omit, but this is the secret to clumps)  
2 tsp. vanilla  
Dried fruit, if desired

## Method

**Soak the oats and flour.** Mix the rolled oats, whole wheat flour, whey (or other soaking medium) and water together in a large bowl.

**Soak the nuts.** Mix the whole nuts, salt, and water to cover in a medium bowl.

Cover the oats with plastic wrap and set both bowls aside for 12-24 hours.

After soaking, the soaked oats and flour will really be stuck together, and may smell a little fermented on the top. This is OK.

**Drain and chop the nuts.** After soaking, the nuts will double in size.

Drain the nuts well through a colander, then chop as finely as you like them. Add to the bowl of soaked oats.

**Add coconut and cinnamon.** Mix coconut and cinnamon together in a small bowl – add to the large bowl of soaked oats.

**Add liquid ingredients.** Whisk together the oil, eggs, honey, and vanilla.

Pour the liquid ingredients into a well in the center of the large bowl of oats.

**Mix everything together well with your hands.** You could use a spoon, but it really doesn't do as good of a job – with your hands you can feel everything. Take time to break up the clumps of soaked oats, making sure all is thoroughly coated with the liquid ingredients. It will be sticky! That's good – because that makes it crunchy!

**Spread on pans/trays to bake/dry.** Spread on baking pans, cookie sheets, or dehydrator trays, depending on how you are going to bake or dry it.

The granola mixture will be sticky – spread it as best as you can and not too thinly.

**Bake or dry the granola until crunchy and crispy.**

*Oven method* – Bake at the lowest temperature possible (170°-200° F) until the granola is dry. If possible, turn the granola over halfway through to make sure it gets completely dried. If you don't want big crunchy clumps, you may stir it.

*Dehydrator method* – I use my 9-tray Excalibur dehydrator to make granola – a double batch of this recipe will fill 8-9 trays. Dry at 145° for 12-16 hours (or longer – times may vary) until it is thoroughly dry and crisp. If you are making this with raw, organic ingredients, you may dry it at a lower temperature (115°) to minimize enzyme loss. It will take much longer at that temperature.

**Add dried fruit, if desired, and store in a cool, dry place.** This granola is delicious with or without fruit. After the granola has cooled, add whatever fruit you like, in whatever quantities you prefer. You can add the dried fruit before storing it, or add the fruit when you serve the granola. For some suggestions of dried fruit amounts and combinations, see [my original granola recipe](#).

You can store the granola in any airtight storage container. I've even used 5 gallon buckets before! Refrigerated/frozen storage is optional – if the granola is very dry it keeps quite well on a shelf – ours doesn't last long enough to be concerned.

**Step 10 – Serve and enjoy!** Have some granola in a bowl with milk or kefir. Sprinkle it as a topping on yogurt or ice cream. My children like to fill their cups (or hands or pockets!) with it for a crunchy snack.

*\*\*Photo credit from the section's title page is due to Kimarie! Yum!*

# Granola Yummies (SK)

Jennifer Voss is married to a wonderful man and they have two children who fill their lives with joy. She began moving her family to a Real Food lifestyle after almost two years of being sick, with no cause found by conventional medicine. She has never looked back, and is always amazed at how what started as a small decision to "eat better" has changed almost every area of their lives. She loves discovering how our Creator designed us to eat - and live! - and how she can better steward the family and little corner of Earth He has given to her care.

Originally published at: [Dishrag Diaries](#)

## Ingredients

- 4-1/2 cups organic rolled or Irish-style oats
- 4-1/2 cups warm filtered water, plus 1/2 cup and 1 Tbsp. buttermilk, whey, or yogurt  
(substitute lemon juice for dairy allergies)
- 1/2 cup organic ground flaxseed
- 2 tsp. green powdered stevia  
(can substitute 1/2 cup Sucanat or un-refined brown sugar)
- 1/2 cup sprouted sunflower seeds
- 1/2 cup chopped pecans (or nut of your choice), properly prepared\*
- 1/2 cup chopped almonds (or nut of your choice), properly prepared\*
- 1 tsp. cinnamon
- 1 tsp. sea salt
- 1/3 cup liquified coconut oil
- 1/4 cup raw honey  
(this recipe is great to use up the "dirtier" honey that rises to the top with the propolis, etc.)
- 1 tsp. organic vanilla

Optional mix-ins: raisins, dried cranberries or chopped apricots (without sulfur), shredded coconut...

## Method

In a large bowl, combine the oats, warm filtered water and buttermilk, whey or yogurt. Place in a warm location and soak overnight.

In the morning, strain the oats in a large mesh colander. Rinse well and let drain.

Place in a dehydrator at 135 degrees and dry for about 2 hours. (The goal is not to make them entirely crispy, but just to dry them out a good bit.)

When oats are dry, place them into a large mixing bowl. Add in flaxseed, stevia (or Sucanat), sunflower seeds, nuts, cinnamon and salt. Mix well.

In a separate small bowl, combine liquified coconut oil, honey, vanilla and about 1/4 cup filtered water. Once combined, add to oat mixture. Mix well.

Dehydrate at 135 degrees for 4-1/2 hours, or until desired crispiness. After dehydrating, add in optional mix-ins, if desired. Enjoy on yogurt, ice cream, or even on a busy morning as a cold cereal!

# Main Dishes



# Dumplings and Gyoza/Potstickers (SD)

As a student, peers who enjoy takeouts and ready meals surround Shu Han, but she loves browsing the markets for fresh produce and spending time in the kitchen. She used to feel that she was weird or different, and that she had no right to talk about her love for cooking and food if she's into health at the same time.

She started her blog in an attempt to embrace the “freak” in her and share her passion. There aren't many blogs in the real food circle who stem from an Asian (in particular Southeast Asian) background, so she hopes to make use of this blog to share real food ideas that are quite different from the usual fare!

Originally published at: [Mummy, I Can Cook!](#)

## Ingredients

20 round wrappers (I cut the flattened [sourdough pasta dough](#) into circles of about 7cm in diameter)  
200g minced chicken  
2 stalks of spring onion, sliced thinly  
3 cloves garlic, minced  
1 tbsp of grated ginger  
1 tbsp soy sauce  
1 tsp Chinese rice wine (shaoxing/huadiao)  
1/2 tsp sesame oil

## Method

Mix all the ingredients except the wrappers together and leave to marinate in the fridge for as long as you can, preferably overnight. The next day, make your wrappers by rolling out the dough as thinly as possible and then cutting out circles (I used a glass).

Place about 2 teaspoons of the filling (don't be too greedy, but don't be too stingy either-- it's Chinese New Year!) in the centre of the circle. Fold over to make a semi-circle, and press the edges to seal, with a bit of water or eggwash if needed.

You can crimp the edges using a [pinch-and-tuck](#) technique. (watch from 2:20) or use a fork to crimp. You can refrigerate or freeze them now for later use, or make Sourdough Dumpling Soup or Goyza.

### Sourdough Dumpling Soup

In a pot of boiling water, lower the dumplings in carefully and let them cook gently in simmering water for about 10 minutes till they float. Add to [homemade chicken stock](#) with a dash of soy sauce to taste, and garnish with chopped spring onions.

### **Sourdough Gyoza/Potstickers**

Potstickers get their name because of their very special cooking technique.

Over medium-high heat, in a lightly-oiled pan, place the dumplings flat side down in a single layer, and let it fry until the bottom browns and sticks a little to the pan. Then add 1/4 cup of water or so and cover the pan, to unstick the bottoms and steam the top of the dumplings for about 3 min more, then uncover the pan and let the water evaporate (fully! or else they won't be crispy).

A cheat method that I used is to steam (or boil) the dumplings for about 10 min first till they are fully cooked. Then place the cooked dumplings flat side down in one layer in a lightly-oiled pan, and fry over medium-high heat to get the bottom crispy and brown ;)

Traditionally served with a very simple dipping sauce made with Chinese black vinegar and shredded fresh ginger, that's all you really need!

I know these dumplings are not traditional and they probably taste not at all like the one you get in dim sum restaurants. But it's not a bad difference at all! They're denser, with a tangy depth to it, and combined with the savoury filling and the sharp vinegar and ginger to cut through that heaviness, they are.. *ho liao* (means good stuff, in Hokkien)!

*For more soaked, sprouted, or soured recipes from this kitchen, see:*

- [Homemade Sourdough Pasta](#)
- [Claypot Rice With Chinese Sausage and Shiitake Mushrooms](#)

*Photo credit for this section's title page goes to Shu han! Yum!*

# Savory Chicken and Veggies with Dumplings (SK)

Kelly Smith loves the Lord, her family and sharing her passion for real food cooking and meal planning with others. She is a part-time healthcare writer and a full-time wife and mother to two awesome boys.

Kelly's real food journey began four years ago when she was diagnosed with an autoimmune disorder. Since then, the Lord has blessed her with an amazing recovery – a testament to His grace and the health benefits of eating the food He created. Kelly shares her knowledge of cooking and meal planning via her facebook page: The Nourishing Home. Her blog, [www.TheNourishingHome.com](http://www.TheNourishingHome.com), launches April 2011.

Originally published at: [The Nourishing Home](#) (on Facebook)

## Ingredients

- 1 ¼ cup organic whole spelt flour
- 1 cup organic kamut flour
- 1 cup plain organic Kefir (or cultured buttermilk) plus 1 tbsp, divided
- 5 tbsp butter, melted
- 1 tbsp aluminum-free baking powder
- ½ tsp sea salt
- ¼ tsp dried parsley
- 1/8 tsp freshly ground pepper
- 1/8 tsp garlic powder
- 3 tbsp butter
- 2 tbsp olive oil (plus more for oiling pan)
- 2 cups carrots, chopped (about 5-6 small carrots)
- 2 cups organic potatoes, cut into bite-sized pieces (about 3 medium potatoes)
- 1 ½ cups organic celery, chopped (about 3-4 stalks)
- 1 cup yellow onion, chopped (about ½ large onion)
- 1 cup fresh green beans, ends trimmed and cut in half
- 2 ½ cups organic chicken stock (homemade is best)
- 1 ½ tsp fresh organic sage, finely chopped
- 1 ½ tsp fresh organic thyme (leaves only)
- 1 tbsp coarse sea salt
- ½ tsp freshly ground black pepper
- 3 cups precooked, shredded organic chicken (or turkey)
- 1 cup plain almond milk or raw whole milk

## Method

Add flours to a large ceramic (or glass) mixing bowl. Using a fork, blend in kefir and melted butter. Use your hands to completely combine the ingredients and form a dough ball. (Will resemble pizza dough.) Cover the bowl and place it in a warm area of your kitchen for 24 hours.

After soaking time is complete, add 1 tbsp kefir, baking powder, salt, parsley, pepper, and garlic powder. Using your hands, knead the ingredients into the dough. Dough will be very thick and sticky (like pizza dough) and it will take a couple minutes of kneading to combine. Once combined, set dough aside to rise a bit while you prepare the casserole.

Preheat oven to 425 degrees. Oil a 9"x13" baking dish with olive oil and set aside. Heat a very large sauté pan (or wok) over medium-high heat. Add butter and 2 tbsp olive oil to the pan, along with the carrots, potatoes, celery, onion and green beans. Sauté veggies for about three to four minutes, until onion just starts to soften. Then add chicken stock and seasonings. Cover and simmer for about five to six minutes, until veggies just begin to soften. (*Do not simmer too long or your veggies will become mushy during the baking process.*) Turn off heat once simmering is completed.

For a rich and creamy sauce, add the almond milk and two ladle-fulls of the simmered veggies to your blender or VitaMix. Blend until completely puréed and return the purée back to the pan with the veggie mixture and combine.

*For more soaked, sprouted, or soured recipes from this kitchen, see:*

- [Soaked Tortillas](#)
- [Power Pancakes](#)
- [24 Hour Power Muffins](#)
- [Soaked Brown Rice Breakfast Porridge](#)
- [Cranberry Pecan Bread](#)
- [Summer Veggies Brown Rice Risotto](#)

# Pizza Crust (SD)

Originally published at: [Kitchen Stewardship](#)

## Ingredients

1 ½ C “discarded” sourdough starter  
2 T olive oil  
¾ t salt  
1 – 1 ½ C whole wheat flour

## Method

Mix the ingredients together, working in flour until you have a soft dough. If it gets too dry add more starter or water. Once kneaded for about 5 minutes, cover and let rest for 30-60 minutes.

After resting, roll out the dough on your Silpat or baking stone. I then transfer the Silpat with the dough onto the baking sheet. Cover with plastic wrap to prevent it from drying out and leave at room temperature for at least seven hours. The crust will rise some as it soaks. (You can also bake right away without the extra “soak” time.)

(I make this recipe into one oblong pizza crust that fits on my Silpat in a jelly roll baking pan. Divide the dough as you desire to suit the baking equipment you have on hand.) *(And Katie is in love with her baking stone, always, for pizza!)*

Seven or more hours later, heat the oven to 450 degrees F. Bake the crust for 5 minutes. Then add sauce and desired toppings to pizza. Put pizza back in oven for about 10 minutes or until the cheese is bubbly and starting to brown. *And check out [Sarah’s baking instructions](#) for the way Katie likes her pizza nowadays.*

Note: Save your plastic wrap and reuse it every time you make pizza dough. I’ve been using the same piece of plastic wrap for months!

You can also freeze the pizza crusts after they have been par-baked and save them for future use.

Also [homemade pizza sauce](#).

*If you're really visual and want to dive right into sourdough, you'll appreciate the videos and 24 weeks of sourdough instruction at the [GNOWFGLINS eCourses](#). The sourdough course is also available for purchase [as an eBook](#).*

# Turkey and Dumplings (SK)

Katie Stanley is dorm mom to sixteen deaf girls at Rancho Sordo Mudo, a Christian boarding school for the deaf in Baja California, Mexico. She tries to live a simple life that honors God. As children of God she believes that we have been given the responsibility to care for our bodies, family and the world he has given us.

She prepares almost all her food from scratch using produce from her garden, local or organically grown/raised food and traditional, nourishing practices. We were appointed stewards of this earth so she does her best to do her part.

Originally published at: [Mexican Wildflower](#)

## Ingredients

### Turkey Stock

1 turkey carcass  
1 onion, cut into small cubes  
1 head of celery with leaves, finely sliced  
as many organic egg shells as you have  
1 TBS apple cider vinegar

### Dumplings

1/2 tsp garlic  
1 tsp sea salt  
1/2 tsp black pepper  
1/2 tsp garlic  
2 cups whole wheat flour  
3 tsp baking powder  
1/4 cup butter  
1/4 cup applesauce  
1/2 cup milk, cultured butter milk or kefir

## Method

Combine ingredients for turkey stock in a large pot; add water to cover. Bring to a boil and simmer for at least 12 hours. Remove and discard the bones and egg shells, reserving any meat.

Mix your flour and the cultured butter milk or kefir together in a glass bowl. Cover and leave on the counter for 12 to 24 hours. Add remaining ingredients and mix together –

you should be able to roll dough in your hands. Pinch off a small amount at a time in drop in the boiling turkey stock. Stir then cover and simmer with the lid on for 20 minutes. Shred and add any leftover turkey you may have. Dark meat is best for more flavor. Heat for a few more minutes and serve!

*For more soaked, sprouted, or soured recipes from this kitchen, see:*

- [Chocolate Cupcakes](#)
- [Oatmeal Chocolate Chip Cookie Bars](#)

# Desserts



## Snickerdoodle Cake (SK)

Lisa is a wife and an at-home mom to 4 kids who has made a lot of changes to the way her family eats, focusing on real foods & learning more about traditional preparation of food. She enjoys trying out new recipes from other real food blogs, and sometimes even tweaking standard recipes to make them more "real food friendly".

She started her blog to share with others what she was learning and hopefully find others to "come walk with me" in this journey towards healthy eating. She only share recipes in this blog; she blogs elsewhere about their family life (missionary family now living in Rwanda, central Africa) and another one where she blogs about working with at risk children in Rwanda. Her current life and internet speed do not always allow her to blog as much as she wants, but she'd love for you to visit her there!

Originally published at: [Come Walk With Me](#)

### Ingredients

- 1 1/2 cups whole wheat flour
- 1/2 cup butter or coconut oil, softened
- 1/2 cup buttermilk (or milk + 1 1/2 tsp. apple cider vinegar, could also substitute yogurt or other soaking medium)
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 1/2 teaspoon baking powder
- 1/2 cup unrefined sugar
- 1 tablespoon sugar
- 1 teaspoon cinnamon

### Method

In a small bowl combine flour, butter, and buttermilk thoroughly, cover, and allow to rest at room temperature for 12 to 24 hours. When ready to bake, preheat your oven to 350, and add eggs and vanilla to the flour mixture and mix well. Then add cinnamon, salt, baking powder, and sugar.

When well combined, pour into a greased pan (I used a 10x10, you could use 9x9 for a thicker cake, or 9x13 for a thinner cake). Mix together remaining sugar and cinnamon, and sprinkle on top of cake. Bake in oven for about 25 minutes or until a toothpick inserted in the middle comes out clean. Allow to cool.

*For more soaked, sprouted, or soured recipes from this kitchen, see:*

- [Sourdough Peanut Butter Chocolate Cookies](#)

# Chocolate Cake (SD)

Wardeh Harmon teaches traditional methods of healthy food preparation, to help you get more from the real foods you already eat. She and her family homestead and homeschool in Oregon.

Originally published at: [GNOWFGLINS](http://GNOWFGLINS.com)

## Ingredients

Cake:

- 1 cup fed sourdough starter
- 1 cup raw goat or cow milk
- 1-3/4 cup spelt flour
- 1 to 1-1/2 cups evaporated cane juice, Rapadura, or Sucanat
- 1 cup unrefined, virgin coconut oil, just barely melted
- 2 teaspoons vanilla extract
- 1 teaspoon sea salt
- 1-1/2 teaspoons baking soda
- 3/4 cup traditional cocoa powder (not Dutch process)
- 1 teaspoon finely ground Teeccino – (optional)
- 2 large pastured eggs

Frosting: (or use [Basic Chocolate Coconut Cream Frosting](#))

Note: Double the frosting if making a layered cake and you desire to use this creamy frosting between the layers.

- 3/4 cup coconut cream (the cream part of a can of whole coconut milk )
- 1/4 cup raw honey
- 1/4 cocoa powder
- 1 teaspoon vanilla

## Method

Combine the fed starter, milk, and spelt flour in a mixing bowl. Cover and let rest at room temperature for 8 hours. If not ready to bake the cake, transfer this mixture to the refrigerator until ready to finish the cake, but allow it to come back to room temperature before proceeding.

Preheat the oven to 350 degrees Fahrenheit. Grease (1) 9" x 13" cake pan or (2) 8"-9" square or circular cake pans with coconut oil and set aside.

In a separate mixing bowl, combine the evaporated cane juice, coconut oil, vanilla, salt, baking soda, cocoa powder, and Teeccino. Beat. Add the eggs and beat well.

Combine the sourdough mixture with the chocolate mixture. Mix gently until smooth. Pour into prepared pan(s).

Bake for 30 to 45 minutes (I baked for 43 minutes), until a toothpick inserted in the center comes out cleanly. Remove from oven and set on a rack to cool.

Combine all frosting ingredients in a blender or food processor and blend until smooth. Chill.

If cakes are in square or circle pans, tip them out onto a platter. Spread the frosting between the layers and on top. If the cake is in one rectangular pan, spread the frosting on top. Serve!

*For more soaked, sprouted, or soured recipes from this kitchen, see:*

- [Soaked or Sprouted Crepes](#)
- [Soaked Muffins](#)
- [Sourdough Spice Cake](#)

Products offered by this cook include

- GNOWFGLINS [eCourse](#) - Classes in fundamentals of traditional cooking, sourdough, cultured dairy and basic cheese. [Weekly menu plans](#) and [eBooks](#), too

# Pumpkin Spice Cake (SP)

We're very grateful to [Shiloh Farms](#) for being a premium sponsor of our compilation of healthy grains recipes. They offer sprouted flour and other wholesome goodies for purchase, along with free recipes at their website. This one is reprinted with permission from the author, Janie Quinn.

Originally published at: [The Sprouted Flour Blog](#)

## Ingredients

- 3 cups [sprouted flour](#)
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons pumpkin pie spice
- 2 teaspoons cinnamon
- 1/8 teaspoon salt
- 1/2 cup butter, softened
- 2 1/4 cups maple sugar or Sucanat
- 3 eggs, room temperature
- 1/2 cup yogurt
- 1/2 cup water, room-temperature
- 1 can pumpkin 15 oz. or 2 cups fresh cooked pumpkin
- 1 teaspoon vanilla extract

## Method

Preheat oven to 350 degrees. Grease 12 cup bundt pan.

In a medium bowl combine the dry ingredients – the first six ingredients above.

Using an electric mixer, cream butter and sugar in a large bowl.

Add eggs one at a time, beating well after each addition.

Add yogurt and water. An easy way to measure the yogurt and water is to place 1/2 cup water in a glass measuring cup and spoon in yogurt until the water level rises to the 1 cup line.

Add pumpkin and vanilla, beat until combined. Stir in dry ingredients.

Transfer to prepared pan. I use ghee or butter to grease all my baking pans.

Baked until tester inserted comes out clean, about 45 minutes.

Cool cake in pan on rack 20 minutes.

Turn out cake onto rack and cool completely.

# Best Chocolate Cake Ever (SK)

Jacquelyn Brown is a 20-something radical homemaker married to the man of her dreams living in the suburbs of Philadelphia, Pa with a cat named Pi and a handful of layer ducks. She loves to cook with whole foods and strive to keep other aspects of their lives simple as well. She owns her own business, By Brown, specializing in natural handmade soap and body products.

Originally published at: [Eclectically Living](#)

## Ingredients

1  $\frac{3}{4}$  cups whole wheat flour  
1/2 cup raw milk  
1/2 cup yogurt  
1/2 cup coconut oil (melted to a liquid)  
2 eggs  
2 cups sugar  
3/4 cup unsweetened cocoa  
1 1/2 tsp baking powder  
1 1/2 tsp baking soda  
1 tsp salt  
2 tsp vanilla extract  
1 cup boiling water

## Method

The day before, combine flour, milk, yogurt, and oil. Make sure flour is thoroughly wet. A hand mixer with dough hooks is helpful. Allow to soak 12-24 hours at room temp covered with a towel.

Heat oven to 350 degrees. Butter and flour two 9-inch round baking pans.

A hand mixer with dough hooks is helpful. Combine remaining ingredients except for water. Blend well.

Stir in boiling water. Use whisk attachment for mixer at this point. The batter will be thin and that is okay. Pour evenly into pans.

Bake 30-35 minutes or until wooden toothpick comes out clean from center. Cool 10-20 minutes, remove from pans to wire racks. Cool completely before icing.

# Cinnamon Raisin Spelt Drops (SP)

Originally published at: [Kitchen Stewardship](#)

## Ingredients

1/2 c. unsalted butter  
1/2 c. packed light or dark brown sugar  
2 tsp. vanilla  
2 tsp. cinnamon  
1/2 tsp. salt  
1/4 tsp. baking powder  
1 egg  
1 Tbs white vinegar  
1 1/2 c. sprouted spelt flour  
1 1/4 c. raisins  
1/2 c. chopped walnuts (optional)

## Method

Cream the butter, sugar, vanilla, cinnamon, salt and baking powder until uniform and creamy. Beat in the egg and vinegar. Add the spelt flour, mixing thoroughly. The dough should be thick and dark at this point. Use a spatula or spoon to stir and smash in the raisins and walnuts. Give the dough an overnight rest in the refrigerator, covered tightly. If you have well-sourced eggs, do taste the dough – it's nearly better than the cookies themselves.

The following day, preheat your oven to 350F and set two racks at the top and bottom positions. You'll need two lightly greased baking sheets, parchment paper for two pans, or two baking stones, ungreased. Roll dough into 1" in diameter balls and flatten with the palm of your hand or the bottom of a floured glass. Alternately, you can simply drop rounded teaspoonfuls onto the cookie sheet, but as the cookies don't spread at all, this will result in some odd shapes.

Bake for 8 minutes, then swap the pans bottom to top and bake 8 minutes more. You might find your cookies need an extra minute or two to seem done, which happens when they are browning slightly around the edges but still soft in the middle. Cool on a wire rack and store in a tightly covered container at room temperature.

*Makes about 30 cookies. Photo from this section's title page depicts these little goodies.*

For more soaked, sprouted, or soured recipes from this kitchen, see:

- [chocolate chip cookies](#) that work well with sprouted flour.

Products offered by this cook include:

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