

## Easy Sprouted Sourdough Bread—Bread maker

This is basically a hybrid sprouted dough/sourdough for us who don't have 7 hours to wait for bread to rise ☺

### Starter-

½ c wheat flour

½ c warm water

Start in a clean bowl, and cover loosely with a paper towel or cotton dish cloth. Feed ½ c Wheat Flour + ½ c warm water daily and move it to a clean bowl every few days (you'll see that the bowl needs a change!) –since you are going to let this starter ferment, you can use regular wheat flour and save the money on the sprouted wheat! But you do need sprouted wheat for the remainder of the recipe since it is not fermented ☺

### Recipe

1 ½ c warm water

2 tsp active dry yeast

1 Tbsp honey

3 c of your starter (then continue to feed what you have left to build it up for next week)

3 c sprouted wheat flour

3 pinches of salt

½ tsp baking soda

1 T coconut oil (plus more to grease your pans)

Make your starter, and let it get fermenting for 5-10 days. Our house is cold so it took 10 days to get a good beer smell going.

In your breadmaker, pour the water, yeast and honey into the bottom. Stir around the honey and wait for the yeast to dissolve (it will fluff up and 'bloom' which proves that the yeast is still good and not expired!)

Then add everything else.

Set your breadmaker on wheat and wait for glorious hybrid sprouted sourdough for drive through sues!

When its done baking, get it out right away and let it cool on a rack (so the crust doesn't get too crispy)...

Let it sit until completely cool before slicing it so it stays as a loaf.

\*alternatively, if you like your bread in smaller loaves (like I do) – use the "dough" function on your bread maker, and split the dough into two greased (with CO) bread pans (I use "medium" bread pans because this is really not a lot of dough here) Let them rise for 10 minutes in the oven with the light on and the door shut (I have to do this because my house is cold, the counter might be fine for you)

Then loosely cover with tinfoil (so the oven doesn't burn the tops!) and bake at 375 for 35 minutes. Remove from pans and let cool completely.