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Sourdough Bread Starter - gluten free

Ingredients:

- 1 cup gluten free whole grain flour (teff, brown rice, millet, sorghum, quinoa, amaranth, or buckwheat)
- 1 cup plain kombucha
- Additional GF flour and water for feeding

Directions:

1. Place 1 cup flour and 1 cup kombucha into a wide mouthed, 1 quart mason jar and whisk together.
2. Do not put the lid on, but rather cover with a clean dish towel. Secure the towel with a rubber band.
3. Allow the jar to rest on your kitchen countertop away from direct sunlight for about 24 hours.
4. After 24 hours, add ¼ cup GF flour and ¼ cup water, whisk together.
5. Continue to feed your starter 2 times per day or every time you see a dark layer of liquid form on top of the starter. This dark layer is an indication that the starter is ready for more food.
6. At around day 3 or 4 you will need to increase the amount of flour and water to ½ cup each and transfer the starter to a 1 gallon glass jar.
7. By day 5 or 6 you should have an active bubbly starter.
8. At this time you can use some of your starter for making Injera, Sourdough Pancakes, or GF Sourdough Bread (these recipes can be found in *The Whole Life Nutrition Cookbook* by Tom Malterre, available for sale at Marjie's Pantry).
9. If you want to store your starter, place it in the refrigerator with a lid, and feed it every 2 to 3 weeks.