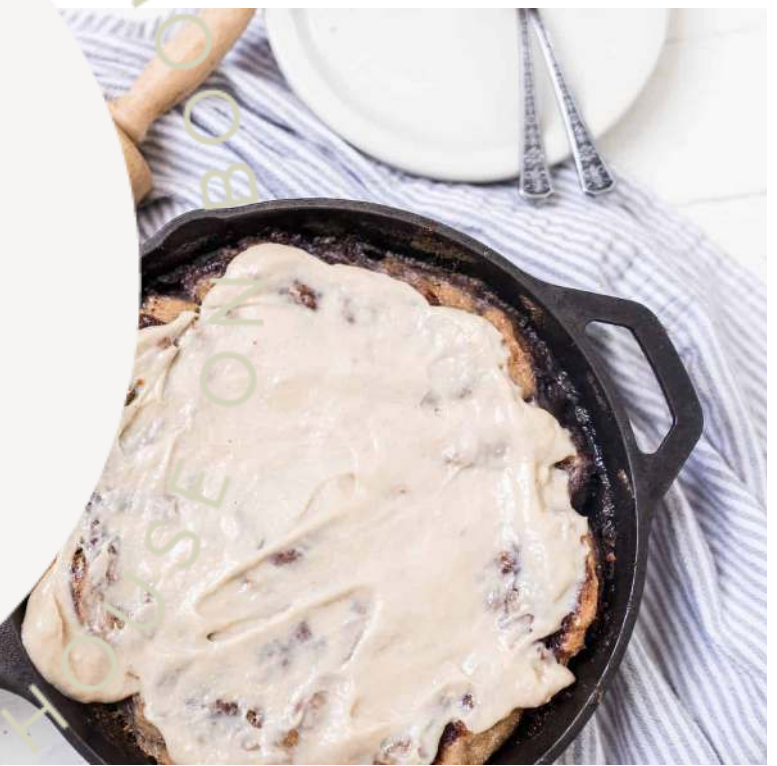


FARMHOUSE
FAVORITES

Sourdough Recipes



FARMHOUSE
on boone

Locally made sourdough starter, with the native yeasts of the area present, is certainly the thing a foodie's dreams are made of. A jar of healthy, productive starter is teeming with life, as evidenced by all the bubbles you will see rising to the surface.



Once you've experienced homemade sourdough baked goods, store bought breads and pancakes simply don't cut it. Sourdough has a depth of flavor that just can't be found in something made quickly with a packet of instant yeast.

FOR STARTERS

INGREDIENTS:

Flour (Whole grain wheat, unbleached all purpose and einkorn are all great choices.)

Filtered water (I use a Berkey water filter. Click [HERE](#) for the Berkey bundle deal. Affilite link.)



TOOLS

Glass bowl

(Metal can react with beneficial bacteria and yeasts.)

Wooden spoon

Tea towel



THE PROCESS

On day one, mix one cup of flour and one cup filtered water. Stir vigorously, making sure to scrape down the sides and incorporate everything. Place a clean tea towel over the bowl and set aside. Allow it to sit for 24 hours.

On day two, discard half of the mixture and repeat the process. Add one cup flour, one cup water, stir vigorously and cover.



Why do you have to remove half the mixture? By day four, you would have sourdough starter overflowing your bowl. Also, removing half ensures the right amount of flour and water is feeding the growing colony of beneficial yeast. If you weren't discarding half, the half cup of flour wouldn't be enough to feed them on days three and four.

Basically, you would end up with a whole lot of extra starter by the end of the process and none of it mature.

Repeat the day two instructions for days three, four and five.

On days six and seven, do the same but feed it every 12 hours, instead of every 24.

By day seven, there should be enough beneficial bacteria and yeast present to bake sourdough bread and other fermented sourdough goodies,

SOURDOUGH STARTER MAINTENANCE

Once your sourdough starter is alive and active, there will be some maintenance to keep it going for years and years.



IN THE REFRIGERATOR FOR OCCASIONAL USE

Storing it in the refrigerator slows down the fermentation process, so one feeding every week or every other week is sufficient. I usually only use my starter a couple times per week. If I plan to make pancakes Saturday morning, for example, I pull my starter out of the fridge Friday morning and add flour and water. By Saturday morning it is bubbly and ready to go. I remove the two cups starter needed for my pancake recipe and put the “master starter” back in the fridge. Since it was fed the day before, it is good to go for another week, or whenever I need it next.



ON THE COUNTER FOR DAILY USE

Since the “little guys” in the starter, as my kids like to call them, are active at room temperature, they will have to be fed more often if kept in this state.

If you leave your starter out on the counter, you will need to be adding flour and water everyday. You will also have to be baking every day to use up all that starter.

Most people probably won't use the starter quite so much, unless you own and operate a bakery. I would recommend storing it in the refrigerator between uses.



NOW, LET'S GET TO BAKING!

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WHOLE WHEAT SOURDOUGH BREAD



INGREDIENTS:

6-7 cups freshly ground flour
1 cup fed sourdough starter
½ cup melted coconut oil
1 tablespoon salt
½ cup honey
1½ cups filtered water
Yields: 2 loaves

WHOLE WHEAT SOURDOUGH BREAD



INSTRUCTIONS:

The night before you want to make your bread combine the flour, starter, oil, salt, honey and water in a large bowl. Knead the dough until it is stretchy. (about 15 minutes) Add just enough flour so that it pulls away from the sides of the mixer, or is not sticking to your hands. It will vary between 6 and 7 cups, depending on the hydration of the starter and the type of wheat you use. Add a little more water if it is too dry, or flour if it is too wet.

Place the dough in a coconut oil greased glass bowl. Roll the dough around a bit so that the entire ball is lightly coated with coconut oil. Cover the dough with a tea towel and let it rise overnight, or up to 24 hours.

The next day, divide the dough into two even balls and place each one into a greased loaf pan. Allow it to double in size in a warm place, covered with a tea towel. This should take anywhere from 4-12 hours, depending on how warm your kitchen is.

Bake the bread for 30-35 minutes at 400 degrees.

SOURDOUGH FRENCH TOAST CASSEROLE



INGREDIENTS:

- 1 loaf homemade sourdough bread
- 2 cups whole milk
- 1/2 cup maple syrup or honey
- 10 eggs
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla
- 4 apples, peeled and chopped
- 1/2 cup raisins
- 1/2 cup melted butter

SOURDOUGH FRENCH TOAST CASSEROLE

INSTRUCTIONS:

Preheat the oven to 350 degrees.

Cut the loaf of sourdough bread in one inch cubes and place in a 9 by 13 glass baking dish.

In a large glass bowl, whisk together the milk, maple syrup, eggs, cinnamon and vanilla.

Add the chopped apples and raisins to the bread.

Pour the egg mixture over the bread and allow to stand for 10-15 minutes, or overnight. The goal is to saturate the bread with the mixture.

Drizzle the melted butter over the top.

Bake for 30 minutes.



This sourdough french toast casserole tastes delicious drizzled with some real maple syrup or raw organic honey.

OUR FAVORITE SOURDOUGH PANCAKES



INGREDIENTS:

2 cups fed sourdough starter
2 eggs
1/4 cup melted coconut oil
2 tablespoons honey
1/2 teaspoon salt
1 teaspoon baking soda
Coconut oil for frying

OUR FAVORITE SOURDOUGH PANCAKE

INSTRUCTIONS:

To ensure the cakes don't stick, you will need to follow two rules.

1) Preheat the skillet before letting the batter hit it.

2) Only flip the pancake one time.

Mix the starter, eggs, coconut oil, honey and salt in a glass bowl. Add the baking soda last, and watch the starter foam up. That's my favorite part.

I like my sourdough pancakes to have that crispy fried edge. To do this, I start by preheating a tablespoon of coconut oil in my skillet.

After it is hot enough to produce a sizzle, I pour a ladle full of batter right onto the hot oil. At this point, I turn the stove down a bit so that the pancake has a chance to cook through without the bottom burning.

Remember that "flip only one time" rule.

After the top is nice and bubbly, give it a little flip.

Allow it to cook another 30 seconds on the other side.

Repeat. Repeat.

If we plan to add blueberries and chocolate chips, we like to put them on the uncooked side while the cakes are cooking. I find that if the chocolate actually makes contact with the skillet, they tend to stick. This is why I don't stir them into the batter. Same goes for blueberries.

SOURDOUGH ENGLISH MUFFINS



INGREDIENTS:

The night before you want sourdough English muffins stir in a glass bowl:

2 cups flour

1 cup water

1/2 cup fed sourdough starter

Cover it with a towel and let it sit at room temperature for 12- 24 hours. You can get away with a longer in the cooler months and the fermentation process can take less time in the summer.

AFTER IT HAS FERMENTED, ADD TO THE MIXTURE:

1 tablespoon honey

1 teaspoon salt

1 teaspoon baking soda

SOURDOUGH ENGLISH MUFFINS

INSTRUCTIONS:

Preheat your cast iron skillet on low and add a little coconut oil.

Mix the ingredients together until they are fully incorporated. You will probably have to use your hands for this. The dough will be pretty thick.

Divide the dough in 12 equal parts and drop it in your cast iron skillet.

Keep it on low for about 10 minutes so the dough has a chance to rise.

Let them cook until doubled in size.

Turn the skillet up to about 3 or 4 (not quite medium) and continue to cook until they are browned slightly on the bottom.

Don't try to flip them until they come up easily from the pan. The goal is to only flip them one time.

Cook them on the other side until browned.

These English muffins have a tendency to cook on the outside before the inside is full done. So, be sure to not turn the skillet up to high. If they are browned on the outside, but still not done on the inside, throw them in a 250 to 300 degree oven for 10 minutes or so.

After they are cooked all the way through, slice them open and Enjoy!

CINNAMON RAISIN SOURDOUGH BREAD



INGREDIENTS:

- 6-7 cups freshly ground flour
 - 1 cup sourdough starter
 - ½ cup melted coconut oil
 - 1 tablespoon salt
 - ½ cup honey
 - 1½ cups filtered water
 - 3 tablespoons cinnamon
 - 2 cups raisins (and 2 cups hot water for soaking)
- Yields: 2 loaves

CINNAMON RAISIN SOURDOUGH BREAD

INSTRUCTIONS:

The night before you want to make your bread combine the flour, starter, oil, salt, honey and water in a large bowl. Knead the dough until it is stretchy. (about 15 minutes) I use a mixer with a dough hook for this. You can knead it by hand, but if you plan to make bread regularly a stand mixer is a great investment for the time it saves. Add just enough flour so that it pulls away from the sides of the mixer, or is not sticking to your hands. It will vary between 6 and 7 cups, depending on the hydration of the starter and the type of wheat you use. Add a little more water if it is too dry, or flour if it is too wet.

Divide the dough into two even balls and place each in a coconut oil greased glass bowl. Roll the dough around a bit so that the entire ball is lightly coated with coconut oil. Cover the dough with a beeswax wrap and let it rise overnight, or about eight hours. Also, the night before, get the raisins soaking in one cup hot water.

The next day, roll each ball of dough out until they are about ½" thick, onto a lightly floured work space.

Drain the raisins, and sprinkle each flattened ball of dough with half of the soaked raisins and cinnamon. Starting from one short side, roll each portion of dough up tightly, so the raisins are firmly in place on the inside.

Place the dough into a greased loaf pan, and allow it to double in size. This should take anywhere from 4-8 hours, depending on how warm your kitchen is.

Bake the bread for 35 minutes at 400 degrees.

CINNAMON MAPLE SOURDOUGH APPLE PIE



INGREDIENTS:

SOURDOUGH TOPPING

1.5 cups sourdough starter
3 eggs
2 tablespoons maple syrup
2 teaspoon baking powder
3 tablespoon coconut oil

APPLE PIE FILLING

7 chopped apples
3 tables spoons butter
2 teaspoons cinnamon
1/4 teaspoon nutmeg
1/2 cup Maple syrup
2 tbs einkorn

CINNAMON MAPLE SOURDOUGH APPLE PIE



INSTRUCTIONS:

Preheat oven to 400 degrees.

Peel and dice 7-10 medium apples. Add the apples and butter to a cast iron skillet. Cook on medium heat for about 10 minutes, stirring constantly.

Meanwhile mix up the sourdough topping by combining all of the ingredients in a separate bowl.

When the apples in the cast iron skillet are cooked, but not yet soft, add the 1/2 cup maple syrup and 2 tablespoons einkorn flour. (You can also use whole grain wheat flour, or all purpose.) Cook an additional two minutes, until the apple juices and syrup have thickened.

Bake for 15 minutes at 400 degrees.

SOURDOUGH SKILLET

INGREDIENTS:

SOURDOUGH MIXTURE TO GO ON TOP

In a large bowl mix

1.5 cups fed sourdough starter

3 eggs,

1 teaspoon salt

1 teaspoon dried herbs (optional)

3 tablespoons butter (or coconut oil)

2 teaspoons baking powder



FOUR CUPS FILLING

Options for filling could be:

lentils

ground beef

black beans

shredded chicken

onions, peppers, garlic

carrots, potatoes, green beans

zucchini, tomatoes, basil

I could go on and on. The options are endless. The beautiful thing about this dish is it is more of a concept than a recipe.

SOURDOUGH SKILLET



INSTRUCTIONS:

Preheat the oven to 400 degrees.

Ideally, if you cooked your filling in the cast iron skillet, it is already preheated. Preheating is the best step to take to ensure nothing sticks.

Saute the beef in the cast iron skillet on the stove. After the beef is completely cooked, place on a plate and set aside. Then cook the mixed veggies and cilantro in the cast iron skillet.

While the veggies are cooking on the stove, mix together the sourdough mixture of sourdough starter, eggs, salt, basil, butter, and baking powder.

When the veggies are done cooking, add the beef back into the cast iron skillet and season with salt and pepper. Stir to combine the beef and veggies.

Spread the sourdough mixture over the top of the veggies and beef and sprinkle with 1.5 cups grated cheddar cheese.

Bake for 25 minutes, or until bread is cooked through and golden.

SOURDOUGH CINNAMON ROLLS



CINNAMON ROLL INGREDIENTS

1/2 cup fed sourdough starter

1/2 cup water

4 cups flour - I use freshly-milled hard wheat.

1/2 cup melted coconut oil

1/2 cup honey

2 eggs

1 tsp baking soda

1 tsp baking powder

1/2 tsp salt

1/2 cup softened butter

1 cup organic brown sugar

2 Tbs cinnamon

1/2 cup heavy whipping cream

SOURDOUGH CINNAMON ROLLS

CREAM CHEESE TOPPING

INGREDIENTS

6 oz cream cheese
1/2 cup heavy cream
1/2 cup maple syrup or honey
2 tsp vanilla extract

INSTRUCTIONS:

Step 1: Make The Dough

In a bowl, combine fed sourdough starter, flour, honey, water and melted coconut oil. Mix together and then form into a ball. I like to just use my hands. The dough will be very dry at this point.

Step 2: Cover And Ferment

Place the dough in a greased bowl and cover the dough with beeswax wraps or plastic wrap. Allow to rest in warm place overnight or up to 24 hours.

Step 3: Add Remaining Dough Ingredients

Add eggs, baking soda, baking powder and salt to the bowl, and combine well with your hands. Cover it with a tea towel and put it in a warm place for about an hour.

.Step 4: Make Filling

In a bowl, combine softened butter, organic brown sugar, and cinnamon. Stir.

SOURDOUGH CINNAMON ROLLS

Step 5: Roll Out Dough And Add Cinnamon Sugar

Lightly dust the counter with flour, and roll out the dough to about 1/4 inch thickness. Add butter and cinnamon-sugar filling to the dough and spread evenly. Roll the dough up as tightly as you can. When you get to the end, pull it up as tightly as you can and pinch the ends into the main roll.

Step 6: Slice Rolls and Bake

You can do this with thread or dental floss.

I like to start in the middle and make a slice, and then once it is cut in half I like to cut each half into 6, making 12 total sourdough cinnamon rolls. Place the rolls into a well-seasoned 14" cast iron skillet. 12" will work also, but you may have a little dough leftover. Cover them with about 1/2 cup of heavy whipping cream. Allow this to soak in and rise in a warm spot for about 1/2 hour to an hour. Bake them in a 375 degree oven for 15 minutes. Allow them to cool a bit. Now you can just eat them as they are, or you can make a delicious cream cheese topping. Why not, right?



SOURDOUGH CINNAMON ROLLS

Step 7: Optional Cream Cheese Topping

In a cast iron skillet over medium heat, add cream cheese, heavy cream, maple syrup or honey, and 2 tsp of vanilla extract. Stir until combined. I like to take my immersion blender to it to get the topping really smooth. Pour over cinnamon rolls and enjoy.



SOURDOUGH DINNER ROLLS



DINNER ROLL INGREDIENTS

- 1/2 cup fresh sourdough starter
- 1/4 cup sugar
- 3/4 cup warm water
- 1/4 cup melted butter
- 1/2 tsp sea salt
- 2-2 1/2 cups all-purpose flour (just enough until it is coming together)

SOURDOUGH DINNER ROLLS



INSTRUCTIONS:

In a stand mixer bowl, add ingredients.

Place the bread hook on the stand mixer and place mixing bowl in the correct position.

Knead on medium for five minutes until the dough becomes elastic. If you do not have a stand mixer, you can knead it by hand on a lightly floured surface for ten minutes.

Place in a greased bowl and cover with a towel.

Allow to rise overnight (8-24 hours).

The next day, preheat oven to 350.

Divide the dough into eight equal parts and put in a greased 9×13. Brush top with coconut oil (or melted butter) and allow it to rise until doubled, approximately one to two hours.

Place the rolls into the oven for about 25 minutes, or until they start turning golden brown.

BLUEBERRY COBBLER



BLUEBERRY COBBLER INGREDIENTS

2 cups flour
1/2 cup sourdough starter
1/3 cup melted coconut oil
1/4 cup of honey
1 tsp baking soda
1 tsp baking powder
1/4 tsp cinnamon
1/2 tsp salt
1/2 cup cream
1/4 cup organic brown sugar

BLUEBERRY FILLING

4 cups blueberries (fresh or frozen)
1/3 cup honey
1/4 cup einkorn flour or 2 tbs flour
3 tbs butter

BLUEBERRY COBBLER



INSTRUCTIONS:

The night before you want to make the cobbler, start making the cobbler topping. Combine 2 cups of flour with sourdough starter that is fed and bubbly. Add coconut oil and honey; mix well.

Cover with a tea towel for 8 to 24 hours.

Preheat oven to 350.

In a cast iron skillet, add 4 cups of blueberries.

Next, add butter, honey, and flour to the blueberries. Place skillet over low to medium heat and mix until everything is melted and incorporated.

While the blueberries are heating up, pull out your dough that has been fermenting. To the dough, add cream, baking soda, baking powder, organic brown sugar, cinnamon, and salt. Combine using your hands or a mixer.

Place dough onto a lightly floured surface and pat out until it is about 1/2 to 3/4 inch thick.

BLUEBERRY COBBLER



Cut it out like biscuits. Personally, I just use a mason jar as a biscuit cutter.

Place the biscuits on top of the blueberry mixture, and pop the whole pan into the oven for about 20 minutes, until the biscuits start to turn golden brown.

Allow to cool for a few minutes before serving.

Top with whipped cream or ice cream.

SOURDOUGH FRENCH TOAST



FRENCH TOAST INGREDIENTS

2 loaves of sourdough bread

6 eggs

1 cup milk

1/2 cup cream

1/4 cup honey

2 tsp vanilla extract

1/2 tsp salt

1.5 tsp cinnamon

Butter for frying

INSTRUCTIONS:

First, you want to start off by making two loaves of my whole wheat sourdough bread.

After the bread has baked, allow it to cool a bit.

In a large bowl, add eggs, milk, cream, honey, salt, and cinnamon. Mix until completely combined and it is nice and frothy.

Cut bread into thick slices; I usually cut my bread into one-inch-thick slices for French toast.

Place bread slices into the egg mixture, and allow to soak for at least 10 minutes. Yes, ten minutes. The bread will get nice and saturated, and will almost be falling apart.

While it is soaking, heat up a cast-iron skillet over medium heat. You don't want to add the soaked French toast into it until it is really hot. If you put your soaked bread in the pan while it's still cold, it will stick. Also, waiting until it's hot will also give the French toast that crispy, fried taste if you add butter or coconut oil to it. I prefer butter for the flavor.

Add egg-soaked bread to the hot skillet. Allow it to cook for a few minutes until it becomes caramelized on one side.

Flip and allow it to caramelize on the other side. Then, turn the heat down to low so it can cook all the way through. This way, the eggs that are soaked into the bread get cooked, creating a really nice consistency.

Serve with some butter, maple syrup, fresh berries or jam, and a dollop of whipped cream.

SOURDOUGH CREPES



CREPES INGREDIENTS

8 eggs
1 cup starter
3 tbs melted butter
1/4 tsp salt
3/4 cup milk

WHIPPED CREAM CHEESE FILLING INGREDIENTS

4 ounces cream cheese
1/4 cup maple syrup
1/2 teaspoon vanilla extract
1/2 pint whipping cream

SOURDOUGH CREPES



INSTRUCTIONS:

Preheat cast iron skillet.

Melt butter in one skillet.

Mix together sourdough starter, eggs, milk, and salt.

Add melted butter and mix until smooth.

Pour crepe batter into hot skillets, about a half a cup, and use spatula to spread out batter into a thin pancake.

Allow to cook until almost completely cooked through, and then flip. This will help them not break.

Allow to cook for 1-2 more minutes and then place on a plate.

To make the filling, mix together room temperature cream cheese with maple syrup and vanilla until smooth.

Whip cream until medium peaks form, and fold it in with the cream cheese mixture.

SOURDOUGH POT PIE



POT PIE INGREDIENTS

- 3 red potatoes - chopped
- 4 carrots - diced
- 1/4 cup butter
- 1 medium onion
- 4 garlic cloves minced
- 3 cup of bone broth
- 4 tbs spoons flour
- 1 tbs dried or fresh parsley
- 1 tsp garlic powder
- fresh cracked black pepper
- 1 tsp onion powder
- 3 tsp of salt - if your broth already contains salt you may want to use less
- 1 cup peas - fresh or frozen
- 4 cups of cooked chicken
- 1/2 cup heavy cream

SOURDOUGH POT PIE



SOURDOUGH BISCUIT RECIPE

1.5 cups of einkorn flour or freshly milled flour

1 cup of fed sourdough starter

8 tbs butter

1 tbsp honey

3/4 tsp salt

1 tsp baking powder

1/2 tsp baking soda

SOURDOUGH POT PIE

INSTRUCTIONS:

To start the sourdough the night before, chop up cold butter into chunks and add to a large bowl. Add flour and cut the butter in.

Add 1 cup of fed sourdough starter and honey. Stir until nicely incorporated. Place a clean tea towel over bowl and allow to sit at room temperature at least 8-24 hours.

The next day, add veggies and butter to a cast iron skillet and saute on medium-low heat for 10 minutes, until they start to soften.

Add bone broth and flour, dried parsley, garlic powder, and onion powder. Mix and cover with lid. Allow to cook for 10 minutes.

To the skillet, add peas, pre-cooked chicken, and heavy cream.

While veggies are sauteing, finish making the biscuits by adding baking soda, baking powder, and salt to the fermented dough. Mix everything together well. Roll out biscuits onto a lightly floured surface and cut with biscuit cutter.

Top the veggie mixture with sourdough biscuits and place in a 400 degree oven for about 10-15 minutes, until the biscuits start turning golden brown.

Allow to cool for a few minutes before serving.

PUMPKIN COBBLER



PUMPKIN COBBLER INGREDIENTS

2 cups flour
1/2 cup of sourdough starter
1/3 cup melted coconut oil
1/4 cup honey
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup heavy cream
1/4 cup organic brown sugar

PUMPKIN FILLING

2 cups pumpkin puree
3 eggs
1/2 cup coconut or organic brown sugar
1/2 cup milk
4 tablespoons butter or melted coconut oil
2 teaspoons vanilla extract
2 teaspoon pumpkin spice
1/4 teaspoon salt



INSTRUCTIONS:

The night before, stir together flour, sourdough starter, 1/3 cup melted coconut oil and 1/4 cup honey. Let it sit out for 8-24 hours to reap the sourdough benefits.

Preheat the oven to 350 degrees.

Stir the cobbler filling ingredients together and bake in a seasoned 12" cast iron skillet for 25 minutes.

To the sourdough mixture from the night before, add: baking soda, baking powder, salt, cream, and organic brown sugar. Mix together and roll out on a lightly-floured surface.

Cut the biscuits out with a biscuit cutter, and press them on top of the partially-baked pumpkin mixture.

Bake for an additional 20 minutes at 350 degrees.

Allow to cool a bit and serve.

Serve with some homemade ice cream for a dessert, or with coffee and milk for breakfast.

SOURDOUGH BISCUITS



SOURDOUGH BISCUIT INGREDIENTS

8 Tbsp cold butter, cut into chunks
1.5 cups of flour
1 cup of fed sourdough starter
1 Tbsp honey
3/4 tsp salt
1 tsp baking powder
1/2 tsp baking soda



INSTRUCTIONS:

Chop up cold butter into chunks and add to a large bowl. Add flour to the butter. Cut butter into flour; I usually just use my hands to massage the flour and butter together until it starts to form a ball. Add 1 cup of fed sourdough starter and honey and stir until nicely incorporated. Place a clean tea towel over bowl and allow to sit at room temperature at least 8-24 hours.

The next day, add baking soda, baking powder, and salt to the fermented dough. Mix everything together well.

Roll out biscuits onto a lightly floured surface and cut. I use the top of a mason jar.

Place onto a well-seasoned cast iron skillet or a glass baking dish. This is just like the sourdough peach cobbler recipe.

Bake in a 400 degree oven for 15 -20 minutes.

SOURDOUGH WAFFLES



SOURDOUGH WAFFLE INGREDIENTS

2 cups fed sourdough starter
2 eggs
1/4 cup +1 Tbs oil - I used coconut oil
1/2 tsp salt
1 tsp cinnamon
2 Tbs honey
1 tsp of vanilla
1 tsp baking soda



INSTRUCTIONS:

Preheat cast iron waffle maker.

In a large bowl, add 2 cups of fed sourdough starter, eggs, oil, salt, cinnamon, honey and vanilla. Mix well.

Add baking soda and stir.

Grease the waffle maker and add a bit of batter to it making sure not to overfill it. Cook it for 3-4 minutes on one side and flip.

Cook for another 3-4 minutes on the other side. Open it.

If it is sticking at all or seems uncooked, cook for another minute or two and try again.

PEACH COBBLER



SOURDOUGH PEACH COBBLER INGREDIENTS

2 cups flour
1/2 cup sourdough starter
1/3 cup melted coconut oil
1/4 cup of honey
1 tsp baking soda
1 tsp baking powder
1/4 tsp cinnamon
1/2 tsp salt
1/2 cup cream
1/4 cup organic brown sugar

PEACH FILLING

10 peeled and chopped peaches
2 tsp cinnamon
2 tbs flour
3 tbs butter
1/3 cup maple syrup, honey, or brown sugar

INSTRUCTIONS:

Start by soaking the grains the night before. Add to a bowl 2 cups of fresh flour. I like to mill my own.

To the bowl, add sourdough starter, melted coconut oil, and honey, and mix well.

Let sit covered for 8-24 hours.

After the dough has fermented, preheat oven to 350.

Add 1 tsp baking soda, 1 tsp baking powder, cinnamon, salt, and cream to the sourdough mixture and combine well.

Add 1/4 cup organic brown sugar and mix.

Peel and chop 10 peaches and add to a large cast iron skillet.

Sprinkle cinnamon, flour, and brown sugar (honey or maple syrup will also work) over the peaches. Dot with butter.

Place in a 350-degree oven and bake for about 10 minutes, until the butter is melted.

Meanwhile, turn biscuit dough out on a lightly-floured surface and roll it out to about a half inch thickness.

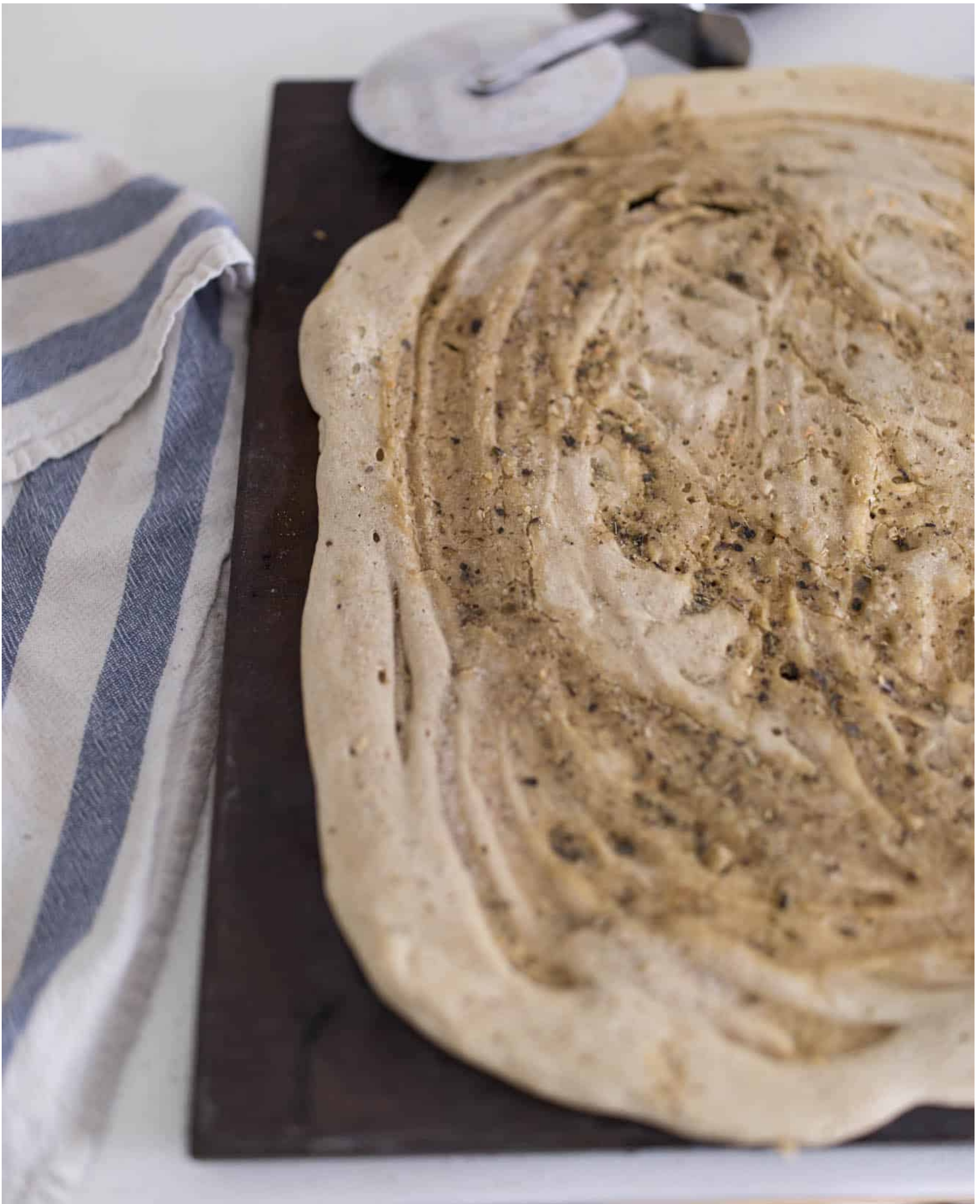
Cut out a dozen biscuits using biscuit cutter or the top of a mason jar.

Pull the peaches out of the oven and give them a good stir to incorporate the butter and melted sugar. Place the biscuits on top of the peaches.

Bake for 20 minutes, or until the biscuits start to turn golden in color.

The peaches will thicken a bit upon standing.

SOURDOUGH PIZZA CRUST



SOURDOUGH PIZZA CRUST INGREDIENTS

Fed Sourdough Starter

Italian Seasoning

Salt

Olive Oil

INSTRUCTIONS:



Preheat a pizza stone, or cast iron skillet, on 425 degrees.

When the oven is preheated, and the pans are scorching hot, take them out of the oven.

Drizzle your baking vessel (stone or skillet) of choice with a little extra virgin olive oil.

Ladle fed sourdough starter onto the hot pan. Now, this is the part that will really bother my recipe-lovin, rule-abidin blog readers. I am not going to give you an amount. I can't. You just spread it out until you have a nice thin layer in the size you want. If you want to see how this looks, watch the video in the blog post.

Hit it with another drizzle of olive oil.

Sprinkle it with salt and Italian seasoning.

It will already start to bake when it makes contact with the pan. This is totally good and expected.

Pop it back in the oven, until crispy, and easily pulls up from the pan. About 10 minutes.

SOURDOUGH DONUTS



SOURDOUGH DONUTS INGREDIENTS

2 cup whole grain flour
1/2 cup sourdough starter
1/2 cup water
1 egg

1/2 cup sugar, organic cane or coconut sugar
1/2 cup coconut oil, melted
1/4 teaspoon sea salt
coconut oil for frying

TOPPING

1/2 cup coconut sugar
2 teaspoons cinnamon, ground

INSTRUCTIONS:

The night before you plan to make the doughnuts, combine flour, sourdough starter, and water in a bowl. Cover with a tea towel and let sit overnight.

The next morning add the sourdough mixture and the rest of the ingredients to a mixer and combine.

Roll out the mixture on a lightly floured surface. Only use as much flour as needed because if you add too much these tend to get dense and bready.

Cut out the donuts with a doughnut cutter or use a large cup and a small cup to make the donut shape.

Cover the doughnuts with a tea towel and allow them to rise for an hour or two.

Next, use a pan to heat the frying oil over medium heat until it sizzles when something is added.

Add the doughnuts and turn the oil down too low. The goal is for them to still sizzle, yet not cook so rapidly that they become done on the outsides and not the insides.

Flip once and cook on the other side.

When done, take donuts out of the frying pan and place on plate.

Toss the freshly fried doughnuts in the cinnamon sugar topping mixture.

BREAKFAST PIZZA



BREAKFAST PIZZA INGREDIENTS

Fed sourdough starter
Olive Oil
2 Tomatoes
8 Eggs
12 oz of cheese - I like Mozzarella and cheddar
2 green onions
1 tsp salt
1/4 cup cooked chopped bacon

INSTRUCTIONS:



For the crust: Preheat a pizza stone, or cast iron skillet, on 425 degrees. When the oven is preheated, and the pans are scorching hot, take them out of the oven. Pour sourdough pizza crust onto a pizza stone or cast iron skillet.

Slice tomatoes really thin and place them on the crust.

Drizzle the pizza with olive oil all over, including the edges, and sprinkle with salt.

Bake for 15 minutes.

Top with freshly shredded mozzarella and cheddar cheese, cooked and chopped bacon, eggs (raw cracked on top), salt, freshly cracked black pepper, and green onions.

Bake for 10 minutes until eggs set.

SOURDOUGH GALETTE



SOURDOUGH GALETTE INGREDIENTS

1 pie dough recipe that makes a 9 or 10 inch pie crust

½ tbsp olive oil

1 large leek (use white and light green parts)

Unrefined sea salt

4 oz soft goat cheese

6 tbsp heavy cream

Zest from one lemon

1 small sweet potato, thinly sliced

Olive oil to drizzle over potatoes

2 tsp fresh sage

1 tbsp cream for washing the edges of the dough

Garnish:

1 tsp fresh thyme

1 tbsp raw honey, for drizzling over cooked galette

INSTRUCTIONS:

SOURDOUGH PIE CRUST

In a large bowl or food processor, combine flour and salt. Work in the butter, being careful to not overmix. The texture should be like pea-sized bits.

Add in the sourdough starter and honey, then stir until just combined.

Roll into a ball and cover with a towel. Allow to ferment in a warm place for at least 8 hours and up to 24 hours.

After the dough has fermented, divide into two, roll into balls, and refrigerate for a few hours.

Place in the fridge to chill until time to roll it out.

Preheat the oven to 400 degrees.

GALETTE

Chop the leeks using only the white and light green parts.

Wash in a bowl of cool water and allow to drain and dry.

In a pan over medium heat, add ½ tbsp of olive oil and cook the leeks until they have softened. Season with a pinch of salt.

Transfer to a plate while you prepare the rest of the ingredients.

In a small bowl, stir heavy cream, goat cheese, lemon zest and a pinch of salt together.

Thinly slice a small, peeled sweet potato and set aside the slices.

On a lightly floured surface, roll out pie dough to roughly a 12-inch circle.

Prepare a sheet tray (with a raised edge) with parchment paper and arrange the dough carefully on it.

Using the back of a spoon, spread the goat cheese and cream mixture over the dough, leaving a 1" border.

Top with a thin layer of sweet potato slices and lightly drizzle with olive oil.

Sprinkle chopped sage evenly over the potato slices and scatter the cooked leeks over the top. Fold the edges of the dough over the filling.

With a pastry brush, lightly brush the top of the dough with some cream to achieve browning in the oven.

Bake at 400 degrees for 35-45 minutes, until the crust is golden brown.

When the galette comes out of the oven, drizzle with honey and fresh thyme. Sprinkle with a bit of coarse salt, if desired.

STRAWBERRY SHORTCAKE



STRAWBERRY SHORTCAKE INGREDIENTS

- 3 cups all-purpose flour
- 1 ½ tbsp baking powder
- 1 tsp unrefined grey salt
- ¾ cup very cold butter, cut into pieces (170 g)
- ⅓ cup cold heavy cream
- ½ cup pure maple syrup
- ⅓ cup stirred sourdough starter
- 1 large egg
- 2 tsp vanilla extract
- Whipped Cream:
- 2 cups heavy cream
- 2 tbsp maple syrup (to sweeten)
- Fresh Strawberries and Strawberry Sauce
- 2 cups of strawberries
- 1 tbsp maple syrup

INSTRUCTIONS:

SHORTCAKE BISCUITS

Preheat the oven to 375 degrees.

In a medium-sized bowl, stir together flour, baking powder, and salt until thoroughly combined.

Add cold, diced butter and cut in until mixture is a coarse texture with pea-sized bits of butter.

In a separate bowl, whisk together heavy cream, egg, sourdough starter, and maple syrup.

Pour wet ingredients into the flour and butter mixture slowly, then stir with a fork to bring it together.

Knead the dry bits of flour into the dough a few times.

Using a half-cup measuring cup, pack the dough and then tap out onto a cookie sheet. Repeat with the rest of the dough.

Using a pastry brush, brush some cream onto the top of the biscuits and sprinkle generously with a coarse sugar.

Bake for 20-25 minutes until the shortcakes are lightly golden on the top. Halfway through the bake time, turn the cookie sheet around in the oven to get an even bake on the biscuits.

Slice biscuits in half horizontally and spoon on the delicious cream and berries.

STRAWBERRY SAUCE

Simply warm the berries with sweetener in a sauce pan, mashing down with a wooden spoon until you have a berry sauce.

Simmer the berries for a few minutes, stirring frequently, to thicken the sauce. Allow to cool before serving.

WHIPPED CREAM

Pour whipping cream and maple syrup into a stand mixer bowl with a whisk attachment.

Whip until the cream forms stiff peaks.

HERB AND CHEESE ROLLS



HERB AND CHEESE ROLLS INGREDIENTS

SOURDOUGH ROLL DOUGH

- 1/2 cup fed sourdough starter
- 1/2 cup water
- 4 cups flour – I use freshly-milled hard wheat.
- 1/2 cup melted coconut oil
- 1 tbsp honey
- 2 eggs
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt

FILLING

- 1/2 cup room temperature butter
- 1 tbsp finely chopped fresh sage
- 1 tsp finely chopped fresh rosemary
- 1 tbsp finely chopped thyme
- 2 cups of caramelized onion (5-6 medium onions raw)
- 2 1/2 cups of grated cheddar cheese

INSTRUCTIONS:

In a bowl, combine fed sourdough starter, flour, honey, water, and melted coconut oil. Mix together, then form into a ball.

Place the dough in a greased bowl and cover with beeswax wraps or plastic wrap.

Allow to rest in a warm place overnight or up to 24 hours. Add eggs, baking soda, baking powder, and salt to the bowl, and combine well with your hands.

Cover it with a tea towel and put it in a warm place for about an hour.

While the dough is rising, thinly slice and caramelize the onions; this process takes about 45 mins, stirring the onions occasionally.

In a small bowl, combine room temperature butter and chopped fresh herbs, stirring well.

Lightly dust the counter with flour, then roll out the dough to about 1/4 inch thickness.

Add herbed butter to the dough and spread evenly.

Evenly distribute caramelized onions over the dough, then sprinkle over the 2 1/2 cups of grated cheese.

Roll the dough up as tightly as you can. Pinch the ends into the main roll.

Slice to make 12-14 sourdough savory rolls.

Place the rolls into a well-seasoned 14" cast iron skillet.

Sprinkle with some extra chopped thyme.

Allow them to rise in a warm spot for about 1/2 hour to 1 hour while your oven preheats.

Bake them in a 375 degree oven for 20-25 minutes.

Allow them to cool a bit and enjoy!

(Continued on next page)

INSTRUCTIONS:

TO CARAMELIZE THE ONIONS

Slice 5-6 medium sized onions thinly.

Warm oil and butter in pan on medium high.

Stir to coat onions in the oil. Cook, stirring every few minutes.

After 15 minutes, sprinkle some salt over the onions (also 1 tsp sugar, if you desire).

Cook for 30 mins to an hour, stirring them every 1-2 minutes.

After the first 20-30 minutes, you may want to lower the stove top temperature.

Allow to sit and then scrape, let them sit, and then scrape... until the onions are a rich brown color.

Add balsamic vinegar at the end, if you enjoy the extra flavor.



CHERRY COBBLER



CHERRY COBBLER GREDIENTS

CHERRY FILLING

4 cups pitted cherries
1/3 cup honey
1/4 cup einkorn flour
3 tbsp butter

TOPPING

2 cups flour
1/2 cup sourdough starter
1/3 cup melted coconut oil
1/4 cup of honey
1 tsp baking soda
1 tsp baking powder
1/4 tsp cinnamon
1/2 tsp salt
1/2 cup cream

1/4 cup organic brown sugar – you could substitute coconut sugar, or omit completely it if you are trying to stay away from sugar.

INSTRUCTIONS:

The night before, start the cobbler topping so it can ferment, for the most health benefits.

First, using a grain mill, freshly grind einkorn or wheat berries into flour. You can also skip this step and just use store-bought flour.

Place two cups of flour into a bowl and add active sourdough starter. Active starter is fed and bubbly. Mix in melted coconut oil and honey; mix well.

Cover with a tea towel for 8 to 24 hours.

The next day, preheat the oven to 350.

To a large cast iron skillet, add four cups of pitted cherries. Next, sprinkle over einkorn flour, then add butter and honey to the cherries.

Place the cast iron skillet over low to medium heat and stir the cherry mixture until everything is melted and combined.

Uncover the cobbler topping dough and add cream, baking soda, baking powder, brown sugar (or coconut sugar), and salt.

Mix, using your hands or a mixer, until well combined. Lightly flour a clean surface and place dough on top, patting it out until it is about 1/2 to 3/4 inch thick.

Using a mason jar or biscuit cutter, cut out biscuits until all the dough is used.

Place the biscuits on top of the cherry filling.

Bake in a pre-heated oven for about 20 minutes, until the biscuits start to turn golden brown; the filling should be bubbly.



CHEDDAR WAFFLES



CHEDDAR WAFFLES INGREDIENTS

2 cups fed sourdough starter
2 eggs
5 Tbsp oil - coconut or avocado oil
1/2 tsp salt
1 cup cheddar cheese -grated
1 tsp baking soda

INSTRUCTIONS:

Feed sourdough starter 4-12 hours before whipping up this recipe.

Preheat cast iron waffle maker or a plug-in waffle maker. In a large bowl, mix together fed sourdough starter, eggs, oil, and salt.

Sprinkle baking soda over batter and stir well.

Add shredded cheese.

Grease the waffle maker and add the amount of batter suggested by the manufacturer. (Mine takes about one cup of batter.) Close the lid.

If using a cast iron waffle maker, cook the waffles for 4 minutes on one side and flip and cook another 4-5 minutes on the other side. If using a standard, plug-in waffle maker, cook for about 7-8 minutes.

Open it. If it is sticking at all or seems uncooked, cook for another minute or two and try again.

CHOCOLATE COCONUT SCONES



SCONES INGREDIENTS

3 $\frac{3}{4}$ cups all-purpose flour
 $\frac{1}{2}$ cup unsweetened shredded coconut
2 tbsp baking powder
3 tsp unrefined sea salt
8 oz roughly chopped bittersweet or dark chocolate (plus 2 tbsp of flour to coat the chocolate)
1 cup cold butter, diced into $\frac{1}{2}$ inch cubes
1 cup heavy whipping cream or cold coconut cream (from a can)
4 large eggs
3 tbsp maple syrup
 $\frac{1}{2}$ cup of sourdough starter
To Top the Scones:
1 egg, whisked for egg wash
Sprinkle of sugar

INSTRUCTIONS:

Preheat the oven to 400 degrees F and prepare two cookie sheets with parchment paper.

Give the chocolate a rough chop, toss it in 2 tbsp of flour to coat it, and set aside.

In the bowl of a stand mixer with the paddle attachment, quickly mix together the flour, unsweetened shredded coconut, baking powder, and salt.

Cut up very cold butter into ½ inch cubes. I would recommend putting the butter in the freezer, after cutting it, for five minutes if you're not sure if it's cold enough. Add the cold butter and run the mixer on low until the butter is broken down to the size of peas, but no smaller. Be careful not to overmix at this stage.

In a separate, medium-sized bowl, whisk together the coconut cream, eggs, maple syrup, and sourdough starter. Pour the wet ingredients into the dry ingredients until just combined. Then add the chocolate and stir again. There may still be some dry flour at the bottom.

Dump the dough out onto a lightly floured cold counter and knead the dry flour until incorporated, being careful not to over knead. You want to see bits of unincorporated butter visible in the dough.

Flour a rolling pin and roll the dough out in a sheet approximately one inch thick.

Cut the dough with a round cutter sized approximately three inches across. I used a kitchen glass for this.

You will need to reroll the dough a few times to cut more scones. Arrange the scones across the two prepared cookie sheets and brush lightly with whisked egg wash, then sprinkle generously with sugar.

Bake for 20-22 minutes and switch the sheets in the oven halfway through the bake time to ensure the scones brown evenly.

CROUTONS



CROUTONS INGREDIENTS

1 loaf sourdough bread
1/4 cup olive oil
3 teaspoons herbs de provence or italian
seasoning
1/2 teaspoon salt

INSTRUCTIONS:

The day before, prepare my favorite no-knead sourdough bread recipe.

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Cut bread into 3/4 inch cubes and place into a large bowl. Drizzle with olive oil and sprinkle with salt and spices. Toss well to combine all the ingredients and evenly coat the bread cubes with oil.

Spread evenly on the parchment lined baking sheet.

Bake for 15-20 minutes. The edges should start to turn a little golden.

Allow to cool completely and then enjoy.

BAGELS



BAGELS INGREDIENTS

½ cup sourdough starter
1 cup water
2 tablespoons honey or maple syrup
2 teaspoons salt
4 cups unbleached all purpose flour
1 tablespoon baking soda + 1 tablespoon sugar for
boiling

INSTRUCTIONS:

Add sourdough starter, water, honey, salt, and two cups flour to a stand mixer.

Mix until it comes together, about 10 minutes on low speed. The dough will be really stiff and difficult to incorporate.

Add remaining flour, half a cup at a time. Use a dough hook and knead until it is smooth and pliable.

Cover dough with wet tea towel, plastic wrap, or beeswax wrap and allow to ferment for 8 to 12 hours.

After fermentation, divide into 8 equal pieces.

Roll the dough into balls, flatten them down a bit, and poke a hole in the middle with your finger. Stretch the hole a bit to widen.

Cover with a tea towel and allow the dough to rise in a warm spot for 1-4 hours or until puffy.

Preheat oven to 425 degrees.

Bring a large pot of water to a boil and add the baking soda and sugar.

Using a slotted spoon, gently add bagels to the water and boil for one minute, flip, then boil for another minute.

Shake off excess water and dip into desired toppings (optional).

Place boiled bagels on parchment-lined baking sheet.

Bake for 20-25 minutes, or until golden on top.

PUMPKIN CINNAMON ROLLS



INGREDIENTS:

Night before:

1/2 cup fed sourdough starter

1/2 cup water

4 1/4 cups unbleached all purpose flour

1/2 cup melted coconut oil

1/2 cup pumpkin puree

1 tbs pumpkin spice

1/2 cup honey

Next day:

2 eggs

1 tsp baking soda

1 tsp baking powder

1/2 tsp salt

Cinnamon filling:

1/2 cup softened butter

1/4 cup pumpkin puree

1 cup organic brown sugar

1 Tbs cinnamon

1 tbs pumpkin spice

Top with before baking:

1/2 cup heavy whipping cream

Cream Cheese Topping:

6 oz cream cheese
1/2 cup heavy cream
1/2 cup maple syrup or honey
2 tsp vanilla extract

INSTRUCTIONS:

In a bowl, combine fed sourdough starter, flour, honey, pureed pumpkin, water, pumpkin spice, and melted coconut oil.

Mix together and form into a ball.

Place the dough in a greased bowl and cover the dough with beeswax wraps or plastic wrap allowing it to rest in a warm place overnight for 8-24 hours.

The Next Day

Preheat oven to 375 degrees.

Place the fermented dough into a stand mixer and add eggs, baking soda, baking powder and salt. Mix until combined.

In a bowl, combine melted butter, organic brown sugar, pumpkin puree and pumpkin spice. Stir until smooth.

Lightly dust the counter with flour, and roll out the dough to about 1/4 inch thickness.

Spread pumpkin sugar mixture all over the rolled out dough, and top with toasted walnuts (optional).

Roll the dough up as tightly as you can. When you get to the end, pull it up as tightly as you can and pinch the ends into the main roll.

Slice to make 12-14 total sourdough cinnamon rolls.

Place the rolls into a seasoned 14" cast iron skillet or a baking dish.

Pour heavy cream over top of the rolls, then place in the oven to bake.

Bake them for 20-25 minutes or until the rolls are lightly browned and the dough is cooked through.

Allow them to cool a bit.

Make Cream Cheese Topping

In a stand mixer, add softened cream cheese, heavy cream, maple syrup or honey, and 2 tsp of vanilla extract. Stir until combined.

Pour over cinnamon rolls and enjoy.

LEMON POUND CAKE



INGREDIENTS:

Dry Ingredients:

2 ¼ cup all purpose flour
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt

Wet Ingredients:

½ cup butter (room temp)
¼ cup brown sugar (tightly packed)
2 large eggs (room temp)
1 cup full fat yogurt (room temp)
1/2 cup maple syrup (room temp)
½ cup sourdough starter
Zest from 3 lemons
½ cup +2 tbsp of lemon juice

Lemon Icing:

1 cup icing sugar
1 tbsp lemon juice

Preheat the oven to 350 degrees.

Lightly grease a 9×5 loaf pan with butter.

Combine flour, baking soda, baking powder, and salt well in a medium-sized bowl.

Cream butter and brown sugar for 3-5 minutes with an electric mixer until light and fluffy.

Beat in room temperature eggs one at a time.

Once eggs are combined, add room temperature maple syrup, yogurt, stirred sourdough starter, lemon zest, and lemon juice.

Fold in dry ingredients a bit at a time until just incorporated.

Pour into a greased pan and bake for 60 to 65 minutes. Test bread at 55 minutes with a toothpick or cake tester.

Allow to cool completely in the loaf pan for one hour.

While it is cooling, create the glaze by whisking together the lemon juice and powdered sugar.

Once the loaf is cooled, drizzle the lemon glaze over the top of the loaf and enjoy!

CHOCOLATE CUPCAKES



INGREDIENTS:

2 cups flour
1/2 cup coconut oil
1/2 cup sourdough starter
1 cup water
2 eggs
2 cups sucanat or rapadura (regular sugar would also work)
1 tsp salt
1 tsp finely ground coffee (optional)
2 tsp vanilla
3/4 cup cocoa
1 cup whole milk
2 tsp baking soda

Frosting

1/2 cup butter, room temp
8 ounces cream cheese, room temp
2 tsp vanilla
1/4 tsp salt
4 cups powdered sugar

In a bowl, mix together the following ingredients just until combined: flour, sourdough starter, coconut oil, and water. Cover with a towel or plastic wrap and allow to sit overnight or up to 24 hours.

The next day

Preheat the oven to 350° F.

In a large bowl, mix together sucanat or rapadura, salt, and finely ground coffee (optional).

To the dry ingredients, add eggs, vanilla, cocoa powder, and whole milk.

Next, add the sourdough mixture into the egg, sugar, and milk mixture. Whisk to incorporate until smooth.

Lastly, sprinkle in baking soda and mix well.

Grease or line muffin tin, then add equal amounts of sourdough cupcake batter to each well.

Bake for 15-20 minutes, until a toothpick inserted comes out clean.

Remove from the oven. Allow to cool for about 10 minutes, then remove the cupcakes and allow them to cool completely before frosting.

Make the cream cheese frosting:

In a large bowl or stand mixer, add room temperature butter and cream cheese.

Cream together with a whisk attachment until well combined.

Add vanilla and salt.

On slow speed, slowly add powdered sugar.

Once the sugar is added, turn speed to medium and allow the frosting to become nice and fluffy.

Place into a bag for piping and pipe onto the cupcakes.

Decorate with chocolate chips, sprinkles, strawberries, etc.

Thanks for reading. I hope you enjoy these farmhouse favorites as much as our family does!



Stay tuned for more from scratch recipes, natural living tips and handmade projects .