



DIANE ROMANO

Gluten-Free SOURDOUGH DISCARD

50+
RECIPES



**ZERO
WASTE**



GLUTEN-FREE SOURDOUGH DISCARD COOKBOOK

*Reduce Waste, Bake More: 50+ Sour-Flavored Recipes for
Every Meal, Boosting Flavor and Nutrition*

Diane Romano

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Table of Contents

WHAT IS SOURDOUGH DISCARD?	7
Active Sourdough and Discard	7
HOW TO ADD SOURDOUGH DISCARD TO ANY RECIPE	8
Cooking with Sourdough Discard	8
HOW TO STORE SOURDOUGH DISCARD	10
Short-Term Storage.....	10
Long-Term Storage: Fridge and Freezer.....	10
Tips and Tricks	11
BREAKFAST & BRUNCH	12
Pancakes.....	12
Waffles.....	14
Cinnamon Rolls	16
Banana Bread	18
Crepes.....	20
English Muffins	22
Frittata Muffins.....	24
Scones.....	26
Breakfast Biscuits.....	28
French Toast Casserole	30
MAIN DISHES	32
Pizza Crust.....	32
Flatbread	34
Savory Pancakes (with Herbs and Cheese).....	36
Quiche Crust	38
Empanada Dough	40
Stuffed Calzone Dough.....	42
Chicken Pot Pie Crust.....	44
Tortillas	46
Garlic Naan	48

Savory Crepes with Spinach and Cheese	50
<i>FERMENTED SIDES</i>	52
Fermented Onions	52
Pickles.....	54
Fermented Carrots	56
Fermented Sauerkraut.....	58
Fermented Kimchi	60
Fermented Green Beans.....	62
Fermented Jalapeños.....	64
Fermented Beets.....	66
Fermented Hot Sauce	67
Fermented Garlic Paste	68
<i>SNACKS</i>.....	69
Soft Pretzels.....	69
Crackers with Herbs.....	71
Cheese Biscuits.....	73
Cornbread Muffins.....	75
Tortilla Chips.....	77
Popovers	79
Breadsticks.....	80
Flatbread Chips.....	82
Savory Muffins.....	84
Garlic Knots	86
<i>DESSERTS</i>.....	88
Brownies	88
Chocolate Chip Cookies.....	90
Apple Cake	92
Lemon Bars	94
Cinnamon Sugar Donuts.....	96
Chocolate Cake	98
Shortbread Cookies.....	100
Carrot Cake.....	102

Gingerbread Loaf	104
Blueberry Muffins.....	106
<i>CONCLUSION</i>	<i>108</i>

WHAT IS SOURDOUGH DISCARD?

Sourdough discard is an essential part of the sourdough maintenance process that often leaves home bakers wondering, "Why do I have to throw this away?" The term "discard" refers to the portion of sourdough starter that is removed before each feeding. It may sound wasteful at first, but understanding the role of discard helps make the process more efficient and opens up creative culinary opportunities.

Discard is produced during the maintenance of a sourdough starter, whether you're feeding it daily, weekly, or even less frequently. By removing a portion of the starter before adding fresh flour and water, you control the starter's growth and keep the ratio of microorganisms in balance. Without discarding, your starter would grow exponentially, requiring increasingly larger amounts of flour and water to maintain it. The discard isn't "bad" or "spoiled"—it simply refers to the starter that is not needed for feeding, and it can still be used in a variety of recipes.

Active Sourdough and Discard

While both active sourdough starter and sourdough discard come from the same mixture, they serve different purposes in baking. An active sourdough starter is lively, bubbly, and full of leavening power. It has been recently fed and is at its peak activity, meaning it's capable of making bread dough rise effectively. The active starter is what you use when you want to bake a loaf of sourdough bread, as it provides the lift and structure needed for proper fermentation.

On the other hand, sourdough discard is the portion that hasn't been recently fed and is past its peak activity. It lacks the leavening strength needed to make bread rise on its own, but it still contains plenty of flavor and some of the beneficial acids produced during fermentation. These characteristics make discard perfect for adding complexity to recipes that don't require a strong rise, such as pancakes, waffles, crackers, or quick breads. Using sourdough discard is a wonderful way to reduce waste and infuse other baked goods with the distinctive tangy flavor of sourdough, without relying on the full fermentation process.

HOW TO ADD SOURDOUGH DISCARD TO ANY RECIPE

While the recipes in this book are specifically designed to incorporate sourdough discard, its versatility doesn't stop here. Sourdough discard can also be added to any recipe that calls for "unfed" or "discard" sourdough starter. These types of recipes are often created with the unique properties of discard in mind, allowing you to add it without needing an active, bubbly starter.

However, the beauty of sourdough discard is that it can be used even in recipes that don't specifically call for it. By making a few simple adjustments to the ingredient ratios, you can incorporate sourdough discard into almost any recipe. Whether you're making pancakes, muffins, or even savory dishes like pizza dough or crackers, sourdough discard can add flavor and texture.

When adding sourdough discard to a recipe, it's important to keep in mind that it consists of both flour and water. To successfully incorporate discard into your favorite recipes, you'll need to adjust the other ingredients accordingly.

Here's a simple guide to help you make those adjustments:

- **Flour and Water Content:** Since sourdough discard typically contains equal parts flour and water, you'll want to reduce the amount of flour and liquid in the recipe to account for this. For example, if you add 100 grams of discard to a recipe, you should reduce the total amount of flour by about 50 grams and the liquid by 50 grams to maintain the right consistency.
- **Fermentation Considerations:** Even though discard is less active than a freshly fed starter, it still contains live cultures. In recipes that require fermentation, such as breads, you might notice a slight boost in flavor or even some additional rise. However, for recipes like quick breads or pancakes, you won't need to rely on the discard to leaven the dough, so no extra rising time is necessary.
- **Balancing Acidity:** Sourdough discard adds a mild tangy flavor, which can be a wonderful addition to many recipes. However, for sweeter dishes or more neutral-flavored items, you might want to slightly increase the sugar or sweetener to balance the acidity. Alternatively, you can embrace the tang for recipes where a sour note is desirable, like savory flatbreads or crackers.

Cooking with Sourdough Discard

Sourdough discard is a unique and versatile ingredient, but to truly unlock its potential, it's important to understand how to use it effectively in different types of recipes. The tangy flavor and texture it brings can enhance both sweet and savory dishes, yet each type of recipe benefits from specific adjustments. By understanding how to balance the acidity and moisture content of sourdough discard, you'll be able to elevate your desserts, breads, and savory dishes, ensuring that the discard enhances, rather than overwhelms, your creations.

DESSERTS:

Sourdough discard can be a surprising and delightful addition to sweet treats. Use it in cakes, muffins, brownies, or even cookies to add a subtle depth of flavor. The acidity of the discard can balance the sweetness and create a more complex profile.

When adding it to dessert recipes, keep the following in mind:

- Reduce the leavening agents slightly (such as baking powder or soda), as the discard may provide a small amount of lift.
- Consider increasing the sweetener if you prefer to counterbalance the tang.

BREAD:

Though discard doesn't have the full leavening power of active starter, it can still enhance the flavor of bread recipes. When adding discard to a bread recipe, the trick is to use it as a flavor booster rather than a primary leavening agent. You can add it to no-knead bread, flatbreads, or even yeast-based loaves for extra complexity. Adjust the hydration and flour as needed, and consider mixing it in with other wet ingredients.

SAVORY DISHES:

Sourdough discard is a fantastic addition to savory recipes like crackers, pizza dough, and pancakes. It imparts a slightly sour flavor that pairs well with robust ingredients like cheese, herbs, and spices. When adding discard to savory dishes:

- For flatbreads and crackers, you don't need to worry about rising, so you can add discard freely without changing the fermentation time.
- For pizza dough, adding discard can give your crust a more complex, artisanal flavor without the need for a long fermentation process. Just adjust the water and flour ratios to ensure the right dough consistency.

HOW TO STORE SOURDOUGH DISCARD

Properly storing sourdough discard ensures that you always have some on hand for your next recipe, while also preventing waste. Whether you're looking to keep it for a few days or several months, knowing the right storage methods will help you manage it efficiently. Let's break down how to store sourdough discard for both short- and long-term use, as well as practical tips to make the most of this ingredient.

Short-Term Storage

If you plan to use your sourdough discard within a few days, the easiest way to store it is in the refrigerator. Here's how:

1. **Container Choice:** Store your discard in an airtight container, such as a glass jar or plastic container with a tight lid. This prevents it from drying out and absorbing any odors from the fridge.
2. **Refrigeration:** Place the airtight container in the fridge, where it can remain usable for up to a week. The cold environment slows down fermentation, so the discard won't continue to grow or become overly acidic.
3. **Stirring and Smell Check:** After a few days in the fridge, the discard might separate into two layers: a thicker layer of flour and a thin liquid on top, known as "hooch." This is normal and simply means the discard has been sitting for a while. You can either stir it back in or pour off the liquid if you prefer a less tangy flavor. Always smell the discard before use. A mild, tangy aroma is normal, but if it smells off or overly sour, it's time to discard it and start fresh.

Short-term storage is ideal if you're planning on making pancakes, crackers, or any other recipe within a few days of feeding your starter. This way, the discard retains its flavor without becoming too sour or losing its integrity.

Long-Term Storage: Fridge and Freezer

For longer-term storage, both the fridge and freezer offer great options to keep your sourdough discard fresh for future use.

1. **Fridge Storage for Longer Than a Week:** If you don't plan to use your discard within a week, you can keep it in the fridge for up to a month, but with a few considerations:
 - **Regular Feeding:** If you're keeping it for longer than a week, consider feeding the discard once every two weeks to keep it viable. Discard a portion, add fresh flour and water, and stir it well before placing it back in the fridge.
 - **Acidity Over Time:** The discard will continue to become more acidic the longer it sits, which can affect the flavor of your recipes. After a few weeks, it might develop a sharper, tangier taste, so it's best used in savory recipes.

2. **Freezer Storage:** Freezing sourdough discard is the best option for long-term storage if you want to keep it for several months.

Follow these steps for freezing discard:

- **Portioning:** Divide your discard into small, usable portions before freezing. You can use freezer-safe containers or even silicone ice cube trays, which allow you to freeze the discard in handy tablespoon-sized portions. Once frozen, transfer the portions to a labeled freezer bag for easy access.
- **Labeling:** Always label your containers or bags with the date, so you know how long the discard has been stored. Sourdough discard can last in the freezer for up to six months without losing too much quality.
- **Thawing and Use:** When you're ready to use the frozen discard, simply thaw it in the refrigerator overnight or at room temperature for a few hours. Stir it well before incorporating it into your recipe. While frozen discard won't have the leavening power of fresh starter, it will still add flavor and texture to your baked goods.

Tips and Tricks

- **Keep a Dedicated Discard Jar:** If you regularly bake with sourdough discard, it's helpful to have a dedicated jar for it. Instead of throwing away discard every time you feed your starter, you can collect it in this jar and store it in the fridge for later use. This also makes it easy to keep track of how much you have on hand.
- **Regular Use:** Make a habit of incorporating discard into your weekly meal planning. Whether it's pancakes on the weekend or a quick batch of crackers for snacks, using your discard regularly ensures that it doesn't build up too much in your fridge.
- **Freezing in Small Batches:** Freezing discard in small portions allows you to defrost only what you need. This helps prevent waste and ensures that your frozen discard stays fresh for longer. Use ice cube trays or small containers to freeze discard in tablespoon or 1/4 cup portions for convenience.
- **Feeding Before Storage:** If you plan to store discard for more than a few weeks, it's a good idea to feed it before storing it away. This helps maintain its quality and makes it more versatile for future recipes.
- **Tracking Use:** If you find yourself accumulating more discard than you're using, it's time to rethink your feeding schedule. You can reduce the amount of starter you maintain or feed it less frequently to limit the amount of discard produced.

BREAKFAST & BRUNCH

Pancakes

PREPARATION TIME: 10 minutes

COOKING TIME: 15 minutes

YIELD: 8-10 pancakes

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- ½ cup (70g) white rice flour
- ½ cup (60g) almond flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp baking powder
- ½ tsp baking soda
- 1 Tbsp (15g) coconut sugar or honey (optional)
- ¼ tsp salt
- 1 large egg
- ½ cup (120ml) unsweetened almond milk (or another milk of choice)
- 2 Tbsp (30g) melted butter or coconut oil
- 1 tsp vanilla extract
- Butter or oil for greasing the pan

INSTRUCTIONS

1. **Mix the dry ingredients:** In a large mixing bowl, whisk together the rice flour, almond flour, tapioca starch, baking powder, baking soda, coconut sugar (if using), and salt.
2. **Combine wet ingredients:** In another bowl, whisk together the gluten-free sourdough discard, egg, almond milk, melted butter, and vanilla extract until smooth.
3. **Combine the mixtures:** Gradually add the wet ingredients to the dry mixture, stirring until just combined. The batter should be thick but pourable. If it's too thick, add a bit more almond milk to reach your desired consistency.
4. **Cook the pancakes:** Heat a non-stick skillet or griddle over medium heat and lightly grease it with butter or oil. Pour about ¼ cup (60ml) of batter per pancake onto the hot skillet.
5. **Flip when ready:** Cook until bubbles form on the surface and the edges look set, about 2-3 minutes. Flip and cook the other side until golden brown, about another 1-2 minutes.

6. **Serve:** Serve hot with your favorite toppings, such as fresh berries, maple syrup, or a sprinkle of powdered sugar.

NUTRITIONAL INFORMATION (PER PANCAKE)

- Calories: 115
- Protein: 3g
- Carbohydrates: 14g
- Fat: 5g
- Fiber: 2g
- Sugar: 2g

Waffles

PREPARATION TIME: 10 minutes (plus 30 minutes rest)

COOKING TIME: 10 minutes

YIELD: 4-6 waffles

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- ½ cup (70g) white rice flour
- ½ cup (60g) sorghum flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 2 Tbsp (30g) melted butter or coconut oil
- 1 large egg
- 1 Tbsp (15g) honey or maple syrup (optional)
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ¾ cup (180ml) unsweetened almond milk (or any milk of choice)
- 1 tsp vanilla extract

INSTRUCTIONS

1. **Mix dry ingredients:** In a large bowl, whisk together the rice flour, sorghum flour, tapioca starch, baking powder, baking soda, and salt.
2. **Combine wet ingredients:** In another bowl, mix the gluten-free sourdough discard, egg, melted butter, almond milk, honey (if using), and vanilla extract.
3. **Combine wet and dry ingredients:** Gradually pour the wet mixture into the dry ingredients, stirring until just combined. Let the batter rest for about 30 minutes to allow the sourdough discard to activate and develop flavor.
4. **Preheat waffle iron:** While the batter is resting, preheat your waffle iron according to the manufacturer's instructions. Lightly grease the iron with oil or butter if necessary.
5. **Cook the waffles:** Pour the batter into the preheated waffle iron (amount depends on your waffle maker), close the lid, and cook for about 3-5 minutes or until the waffles are golden brown and crispy on the outside.
6. **Serve:** Serve the waffles hot with your favorite toppings, such as fresh fruit, maple syrup, nut butter, or even a dollop of whipped cream.

NUTRITIONAL INFORMATION (PER WAFFLE, APPROX.)

- Calories: 190
- Protein: 4g
- Carbohydrates: 24g
- Fat: 8g
- Fiber: 2g
- Sugar: 4g

Cinnamon Rolls

PREPARATION TIME: 30 minutes (plus 1-2 hours for proofing)

COOKING TIME: 25-30 minutes

YIELD: 9 rolls

INGREDIENTS

Dough

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- 1 ½ cups (210g) brown rice flour
- ½ cup (60g) sorghum flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ¼ cup (50g) coconut sugar or granulated sugar
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 large egg
- ¼ cup (60g) melted butter or coconut oil
- ¾ cup (180ml) unsweetened almond milk (or another milk of choice)
- 1 tsp vanilla extract

Filling

- ¼ cup (50g) softened butter or coconut oil
- ½ cup (100g) coconut sugar or brown sugar
- 1 Tbsp ground cinnamon
- ¼ tsp ground nutmeg (optional)

Glaze

- ½ cup (60g) powdered sugar
- 1 Tbsp unsweetened almond milk (or any milk of choice)
- ½ tsp vanilla extract

INSTRUCTIONS

1. **Mix dry ingredients:** In a large bowl, whisk together the brown rice flour, sorghum flour, tapioca starch, baking powder, baking soda, salt, and coconut sugar.
2. **Combine wet ingredients:** In another bowl, mix the gluten-free sourdough discard, egg, melted

butter, almond milk, and vanilla extract until smooth.

3. **Combine wet and dry ingredients:** Gradually add the wet ingredients into the dry mixture and stir until a soft dough forms. If the dough is too sticky, add a little more rice flour, 1 tablespoon at a time.
4. **Rest the dough:** Cover the bowl with a kitchen towel and let the dough rest for 1 hour at room temperature to allow the sourdough to activate and slightly rise.
5. **Prepare the filling:** In a small bowl, mix together the softened butter, coconut sugar, and cinnamon.
6. **Roll out the dough:** Lightly flour a clean surface with brown rice flour and roll the dough into a rectangle about ¼-inch thick.
7. **Add the filling:** Spread the cinnamon-sugar filling evenly over the dough, leaving a small border around the edges.
8. **Roll and cut:** Roll the dough tightly from one long edge to the other. Slice the roll into 9 even pieces and place them into a greased 9x9-inch baking dish.
9. **Proof the rolls:** Cover the dish with a kitchen towel and let the rolls rise for 30-60 minutes in a warm spot. They won't double in size but should puff up slightly.
10. **Bake:** Preheat your oven to 350°F (175°C). Bake the cinnamon rolls for 25-30 minutes, or until golden brown on top and cooked through.
11. **Prepare the glaze:** In a small bowl, whisk together the powdered sugar, almond milk, and vanilla extract until smooth.
12. **Glaze the rolls:** Once the cinnamon rolls are out of the oven and slightly cooled, drizzle the glaze over the top and serve warm.

NUTRITIONAL INFORMATION (PER ROLL, APPROX.)

- Calories: 220
- Protein: 4g
- Carbohydrates: 35g
- Fat: 8g
- Fiber: 3g
- Sugar: 15g

Banana Bread

PREPARATION TIME: 15 minutes

COOKING TIME: 60 minutes

YIELD: 1 loaf (8-10 slices)

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- 1 cup (140g) brown rice flour
- ½ cup (60g) almond flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp cinnamon
- ¼ tsp salt
- 2 large ripe bananas, mashed (about 1 cup / 240g)
- ¼ cup (60g) melted butter or coconut oil
- 2 large eggs
- ½ cup (120ml) unsweetened almond milk (or any milk of choice)
- ½ cup (100g) coconut sugar or brown sugar
- 1 tsp vanilla extract
- Optional: ½ cup (90g) chocolate chips or chopped nuts

INSTRUCTIONS

1. **Preheat the oven:** Preheat your oven to 350°F (175°C) and grease a 9x5-inch loaf pan or line it with parchment paper.
2. **Mix the dry ingredients:** In a large bowl, whisk together the brown rice flour, almond flour, tapioca starch, baking powder, baking soda, cinnamon, and salt.
3. **Combine wet ingredients:** In another bowl, mix the gluten-free sourdough discard, mashed bananas, melted butter, eggs, almond milk, coconut sugar, and vanilla extract until smooth.
4. **Combine wet and dry ingredients:** Gradually fold the wet ingredients into the dry ingredients, mixing until just combined. If you're adding chocolate chips or nuts, fold them in at this stage.
5. **Bake:** Pour the batter into the prepared loaf pan and smooth the top. Bake for 55-65 minutes, or until a toothpick inserted into the center comes out clean.
6. **Cool:** Allow the banana bread to cool in the pan for 10 minutes, then transfer it to a wire rack to cool

completely before slicing.

NUTRITIONAL INFORMATION (PER SLICE, APPROX.)

- Calories: 200
- Protein: 4g
- Carbohydrates: 28g
- Fat: 9g
- Fiber: 3g
- Sugar: 12g

Crepes

PREPARATION TIME: 10 minutes (plus 30 minutes rest)

COOKING TIME: 15 minutes

YIELD: 8-10 crepes

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- ½ cup (70g) white rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 2 large eggs
- 1 cup (240ml) unsweetened almond milk (or any milk of choice)
- 2 Tbsp (30g) melted butter or coconut oil
- 1 Tbsp (15g) maple syrup or honey (optional for sweet crepes)
- ½ tsp vanilla extract (optional for sweet crepes)
- ¼ tsp salt

INSTRUCTIONS

1. **Mix the ingredients:** In a blender or mixing bowl, combine the gluten-free sourdough discard, rice flour, tapioca starch, eggs, almond milk, melted butter, maple syrup (if using), vanilla extract (if using), and salt. Blend or whisk until smooth and lump-free.
2. **Rest the batter:** Let the batter rest for 30 minutes to allow the flours to hydrate and the discard to work its magic.
3. **Heat the pan:** Preheat a non-stick skillet or crepe pan over medium heat. Lightly grease the pan with butter or oil.
4. **Cook the crepes:** Pour about ¼ cup (60ml) of batter into the hot pan, tilting the pan in a circular motion to spread the batter into a thin layer. Cook for 1-2 minutes until the edges begin to lift and the underside is golden brown. Flip and cook the other side for another 30 seconds to 1 minute.
5. **Serve:** Serve warm with your favorite fillings or toppings, such as fresh fruit, whipped cream, or a sprinkle of powdered sugar for sweet crepes, or sautéed vegetables, cheese, or meats for savory crepes.

NUTRITIONAL INFORMATION (PER CREPE, APPROX.)

- Calories: 120
- Protein: 4g
- Carbohydrates: 14g

- Fat: 5g
- Fiber: 1g
- Sugar: 2g

English Muffins

PREPARATION TIME: 15 minutes (plus 1-2 hours rising time)

COOKING TIME: 15 minutes

YIELD: 8 muffins

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- 1 ½ cups (210g) sorghum flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ¼ cup (50g) coconut sugar or granulated sugar
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp salt
- 1 large egg
- ¾ cup (180ml) unsweetened almond milk (or any milk of choice)
- 2 Tbsp (30g) melted butter or coconut oil
- 1 tsp apple cider vinegar
- Cornmeal or gluten-free flour for dusting

INSTRUCTIONS

1. **Mix the dry ingredients:** In a large bowl, whisk together the sorghum flour, tapioca starch, baking powder, baking soda, sugar, and salt.
2. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, egg, almond milk, melted butter, and apple cider vinegar until smooth.
3. **Combine the mixtures:** Gradually add the wet ingredients into the dry ingredients, stirring until you have a thick, sticky dough.
4. **Shape the muffins:** Dust a clean surface with gluten-free flour or cornmeal. Divide the dough into 8 equal portions and shape them into round discs about ¾ inch thick. Sprinkle the tops with cornmeal or flour.
5. **Let them rise:** Place the muffins on a parchment-lined baking sheet and cover with a kitchen towel. Let them rise in a warm place for 1-2 hours. The dough will puff up slightly.
6. **Cook the muffins:** Preheat a large skillet or griddle over medium-low heat. Lightly grease with oil or butter. Place the muffins in the skillet and cook for 5-7 minutes on each side, or until they're golden brown and cooked through. Be careful not to burn the outside before the inside is fully cooked; lower the heat if necessary.

7. **Cool and serve:** Transfer the cooked muffins to a wire rack to cool. Split and toast them before serving with butter, jam, or any desired toppings.

NUTRITIONAL INFORMATION (PER MUFFIN, APPROX.)

- Calories: 160
- Protein: 4g
- Carbohydrates: 28g
- Fat: 5g
- Fiber: 2g
- Sugar: 4g

Frittata Muffins

PREPARATION TIME: 15 minutes

COOKING TIME: 20-25 minutes

YIELD: 12 muffins

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- 8 large eggs
- ¼ cup (60ml) unsweetened almond milk (or any milk of choice)
- ½ cup (70g) diced bell peppers
- ½ cup (60g) diced onions
- ½ cup (60g) chopped spinach (or any leafy greens)
- ½ cup (60g) shredded cheese (optional, for a dairy-free version, omit or use dairy-free cheese)
- ½ tsp salt
- ¼ tsp black pepper
- 1 tsp garlic powder
- 1 tsp dried herbs (such as thyme or oregano)
- 2 Tbsp olive oil or melted butter for greasing

INSTRUCTIONS

1. **Preheat the oven:** Preheat your oven to 350°F (175°C) and grease a 12-cup muffin tin with olive oil or melted butter.
2. **Sauté the vegetables:** In a skillet, heat a little olive oil and sauté the bell peppers, onions, and spinach until softened, about 5 minutes. Set aside.
3. **Mix the egg mixture:** In a large mixing bowl, whisk together the eggs, sourdough discard, almond milk, salt, pepper, garlic powder, and dried herbs.
4. **Add the vegetables and cheese:** Stir the sautéed vegetables and shredded cheese (if using) into the egg mixture until well combined.
5. **Fill the muffin tin:** Pour the egg and vegetable mixture evenly into the prepared muffin tin, filling each cup about ¾ of the way full.
6. **Bake:** Bake for 20-25 minutes, or until the frittata muffins are fully set and slightly golden on top. You can check by inserting a toothpick into the center of a muffin; it should come out clean.
7. **Cool and serve:** Let the muffins cool slightly in the pan before removing them. Serve warm, or store in the fridge for a quick, reheatable breakfast.

NUTRITIONAL INFORMATION (PER MUFFIN, APPROX.)

- Calories: 90
- Protein: 6g
- Carbohydrates: 4g
- Fat: 6g
- Fiber: 1g
- Sugar: 1g

Scones

PREPARATION TIME: 15 minutes (plus 30 minutes rest)

COOKING TIME: 20-25 minutes

YIELD: 8 scones

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- $\frac{3}{4}$ cup (100g) brown rice flour
- $\frac{1}{2}$ cup (75g) sorghum flour
- $\frac{1}{4}$ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- $\frac{1}{2}$ cup (115g) cold butter, cut into cubes (or use coconut oil for a dairy-free option)
- $\frac{1}{4}$ cup (50g) coconut sugar or granulated sugar
- 1 $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ cup (120ml) unsweetened almond milk (or any milk of choice)
- 1 large egg
- 1 tsp vanilla extract
- Optional add-ins: $\frac{1}{2}$ cup (90g) chocolate chips, dried fruit, or nuts

INSTRUCTIONS

1. **Preheat the oven:** Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. **Mix the dry ingredients:** In a large bowl, whisk together the brown rice flour, sorghum flour, tapioca starch, baking powder, baking soda, salt, and sugar.
3. **Cut in the butter:** Add the cold butter cubes to the dry ingredients and use a pastry cutter or your fingers to blend until the mixture resembles coarse crumbs.
4. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, egg, almond milk, and vanilla extract.
5. **Combine the mixtures:** Gradually pour the wet mixture into the dry ingredients and stir until just combined. The dough should be sticky but manageable. If you're adding chocolate chips, dried fruit, or nuts, fold them in at this stage.
6. **Shape the scones:** Lightly flour a clean surface with gluten-free flour and gently shape the dough into a round disc about 1-inch thick. Cut the disc into 8 wedges and transfer them to the prepared baking sheet.

7. **Rest the dough:** Let the scones rest in the fridge for 30 minutes to allow the flavors to develop and help the dough firm up.
8. **Bake:** Bake the scones for 20-25 minutes, or until they are golden brown on top and cooked through.
9. **Cool and serve:** Let the scones cool slightly before serving. Enjoy them warm with butter, jam, or your favorite toppings.

NUTRITIONAL INFORMATION (PER SCONE, APPROX.)

- Calories: 210
- Protein: 4g
- Carbohydrates: 28g
- Fat: 9g
- Fiber: 2g
- Sugar: 6g

Breakfast Biscuits

PREPARATION TIME: 15 minutes

COOKING TIME: 15-18 minutes

YIELD: 8 biscuits

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- 1 ¼ cups (175g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 2 tsp baking powder
- ½ tsp baking soda
- 1 tsp salt
- ½ cup (115g) cold butter, cut into cubes (or use coconut oil for a dairy-free version)
- ¾ cup (180ml) unsweetened almond milk (or any milk of choice)
- 1 large egg
- 1 tsp apple cider vinegar (optional, helps with rise)
- Optional: ½ cup (90g) shredded cheese or chopped herbs for flavor variations

INSTRUCTIONS

1. **Preheat the oven:** Preheat your oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. **Mix dry ingredients:** In a large bowl, whisk together the brown rice flour, tapioca starch, baking powder, baking soda, and salt.
3. **Cut in the butter:** Add the cold butter cubes to the dry ingredients and use a pastry cutter or your fingers to blend until the mixture resembles coarse crumbs.
4. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, almond milk, egg, and apple cider vinegar (if using).
5. **Form the dough:** Gradually pour the wet mixture into the dry ingredients and stir until just combined. The dough should be soft but firm enough to hold its shape. If you're adding cheese or herbs, fold them in now.
6. **Shape the biscuits:** Lightly flour a surface with gluten-free flour and turn the dough out onto it. Gently press the dough into a 1-inch thick disc. Use a round cutter or a glass to cut out biscuit shapes, re-rolling the dough scraps as needed. Place the biscuits on the prepared baking sheet.
7. **Bake:** Bake the biscuits for 15-18 minutes, or until they are golden brown and puffed up.

8. **Cool and serve:** Let the biscuits cool slightly on the baking sheet before serving. They can be enjoyed plain or with butter, jam, or your favorite breakfast toppings.

NUTRITIONAL INFORMATION (PER BISCUIT, APPROX.)

- Calories: 200
- Protein: 4g
- Carbohydrates: 24g
- Fat: 10g
- Fiber: 2g
- Sugar: 2g

French Toast Casserole

PREPARATION TIME: 15 minutes

RESTING TIME: 30 minutes (or overnight)

COOKING TIME: 40-45 minutes

YIELD: 6-8 servings

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- 6 cups (about 300g) gluten-free bread cubes (day-old bread works best)
- 6 large eggs
- 1 ½ cups (360ml) unsweetened almond milk (or any milk of choice)
- ¼ cup (60g) melted butter or coconut oil
- ¼ cup (50g) coconut sugar or brown sugar
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- ¼ tsp salt
- Optional: ½ cup (90g) chopped nuts or chocolate chips for added texture

Topping (optional)

- ¼ cup (50g) brown sugar
- ¼ cup (30g) gluten-free oat flour or almond flour
- ¼ cup (60g) cold butter, cubed
- 1 tsp cinnamon

INSTRUCTIONS

1. **Preheat the oven:** Preheat your oven to 350°F (175°C). Grease a 9x13-inch baking dish with butter or oil.
2. **Prepare the bread cubes:** If using fresh gluten-free bread, cut it into cubes and leave them out for a few hours to dry slightly, or toast them lightly in the oven.
3. **Mix the wet ingredients:** In a large bowl, whisk together the eggs, gluten-free sourdough discard, almond milk, melted butter, coconut sugar, vanilla extract, cinnamon, and salt until smooth.
4. **Combine the bread and liquid mixture:** Place the bread cubes into the prepared baking dish. Pour the egg mixture over the bread cubes, making sure all the bread is soaked. Gently press the bread down to ensure even soaking.

5. **Rest the casserole:** Let the casserole sit for at least 30 minutes to absorb the liquid. For a deeper flavor, cover and refrigerate it overnight.
6. **Optional topping:** If using the topping, mix the brown sugar, gluten-free oat flour (or almond flour), cinnamon, and cold butter in a bowl. Use your fingers or a pastry cutter to blend until the mixture is crumbly. Sprinkle this topping over the casserole.
7. **Bake:** Bake the casserole for 40-45 minutes, or until the top is golden brown and the center is set.
8. **Cool and serve:** Let the casserole cool slightly before serving. Serve warm with maple syrup, fresh fruit, or powdered sugar.

NUTRITIONAL INFORMATION (PER SERVING, APPROX.)

- Calories: 290
- Protein: 9g
- Carbohydrates: 34g
- Fat: 12g
- Fiber: 3g
- Sugar: 12g

MAIN DISHES

Pizza Crust

PREPARATION TIME: 15 minutes (plus 1 hour rising time)

COOKING TIME: 15-20 minutes

YIELD: 1 large pizza crust (12-14 inches)

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- $\frac{3}{4}$ cup (100g) brown rice flour
- $\frac{3}{4}$ cup (100g) millet flour
- $\frac{1}{4}$ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp dried oregano (optional)
- 1 tsp garlic powder (optional)
- 2 Tbsp (30g) olive oil
- (180ml) warm water
- 1 tsp apple cider vinegar (optional, for better texture)

INSTRUCTIONS

1. **Preheat the oven:** Preheat your oven to 450°F (230°C). If you have a pizza stone, place it in the oven while preheating. Otherwise, prepare a pizza pan by lining it with parchment paper.
2. **Mix dry ingredients:** In a large bowl, whisk together the brown rice flour, millet flour, tapioca starch, baking powder, salt, oregano, and garlic powder (if using).
3. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, olive oil, water, and apple cider vinegar (if using).
4. **Combine wet and dry ingredients:** Gradually pour the wet ingredients into the dry mixture and stir until you get a thick, sticky dough.
5. **Shape the crust:** Lightly flour a surface with gluten-free flour and turn the dough out onto it. Use your hands or a rolling pin to shape the dough into a round crust about $\frac{1}{4}$ inch thick. Transfer the shaped crust onto a pizza peel or parchment-lined pizza pan.
6. **Let it rise:** Let the dough rest for about 1 hour at room temperature to allow the discard to help the dough rise slightly.

7. **Pre-bake the crust:** Bake the crust (without toppings) for 10-12 minutes, or until the edges are starting to crisp up and the center is slightly set.
8. **Add toppings:** Remove the crust from the oven, add your desired pizza toppings, and return the pizza to the oven.
9. **Finish baking:** Bake for another 10-15 minutes, or until the toppings are cooked through and the crust is crispy.
10. **Cool and serve:** Let the pizza cool slightly before slicing and serving.

NUTRITIONAL INFORMATION (PER SLICE, APPROX. 8 SLICES)

- Calories: 160
- Protein: 3g
- Carbohydrates: 26g
- Fat: 5g
- Fiber: 2g
- Sugar: 1g

Flatbread

PREPARATION TIME: 10 minutes

COOKING TIME: 10-12 minutes

YIELD: 4 flatbreads

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- ½ cup (70g) brown rice flour
- ½ cup (70g) teff flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- ½ tsp salt
- 2 Tbsp (30g) olive oil
- ½ cup (120ml) warm water
- 1 tsp apple cider vinegar (optional, improves texture)
- Optional: 1 tsp dried herbs (such as rosemary, thyme, or oregano) or garlic powder for flavor

INSTRUCTIONS

1. **Preheat the pan:** Heat a large non-stick skillet or cast-iron pan over medium heat.
2. **Mix dry ingredients:** In a large bowl, whisk together the brown rice flour, teff flour, tapioca starch, baking powder, salt, and any herbs or spices you are using.
3. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, olive oil, warm water, and apple cider vinegar (if using).
4. **Combine wet and dry ingredients:** Gradually pour the wet ingredients into the dry mixture and stir until you form a soft, slightly sticky dough. If the dough is too dry, add a little more water, 1 tablespoon at a time.
5. **Shape the flatbreads:** Divide the dough into 4 equal portions. Lightly flour a surface with gluten-free flour and roll each portion into a round or oval shape about ¼ inch thick.
6. **Cook the flatbreads:** Place one flatbread onto the preheated skillet and cook for about 2-3 minutes, or until bubbles start to form on the surface and the bottom is golden brown. Flip and cook for another 2-3 minutes on the other side. Repeat with the remaining flatbreads.
7. **Serve:** Serve the flatbreads warm with your favorite dips, spreads, or as a base for toppings.

NUTRITIONAL INFORMATION (PER FLATBREAD, APPROX.)

- Calories: 170
- Protein: 3g
- Carbohydrates: 24g
- Fat: 7g
- Fiber: 2g
- Sugar: 1g

Savory Pancakes (with Herbs and Cheese)

PREPARATION TIME: 10 minutes

COOKING TIME: 10-12 minutes

YIELD: 8-10 pancakes

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- ½ cup (70g) sorghum flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup (120ml) unsweetened almond milk (or any milk of choice)
- 1 large egg
- 2 Tbsp (30g) melted butter or olive oil
- ½ cup (60g) shredded cheese (e.g., cheddar, mozzarella, or Parmesan)
- 2 Tbsp chopped fresh herbs (e.g., parsley, chives, or rosemary) or 1 tsp dried herbs
- 1 garlic clove, minced (optional)
- ¼ tsp black pepper
- Olive oil or butter for cooking

INSTRUCTIONS

1. **Mix dry ingredients:** In a large bowl, whisk together the sorghum flour, tapioca starch, baking powder, baking soda, salt, and pepper.
2. **Combine wet ingredients:** In another bowl, mix the gluten-free sourdough discard, egg, almond milk, melted butter or olive oil, and garlic (if using).
3. **Combine mixtures:** Gradually add the wet ingredients to the dry mixture, stirring until just combined. Fold in the shredded cheese and chopped herbs.
4. **Cook the pancakes:** Heat a non-stick skillet or griddle over medium heat and lightly grease it with olive oil or butter. Pour about ¼ cup of batter for each pancake onto the hot skillet.
5. **Flip when ready:** Cook for 2-3 minutes on the first side, until bubbles form on the surface and the edges look set. Flip and cook for another 1-2 minutes until the pancakes are golden brown and cooked through.

6. **Serve:** Serve the savory pancakes warm, topped with sour cream, yogurt, or avocado for an extra flavor boost.

NUTRITIONAL INFORMATION (PER PANCAKE, APPROX.)

- Calories: 120
- Protein: 4g
- Carbohydrates: 14g
- Fat: 5g
- Fiber: 1g
- Sugar: 1g

Quiche Crust

PREPARATION TIME: 15 minutes (plus 30 minutes chilling)

COOKING TIME: 20 minutes (pre-baking)

YIELD: 1 quiche crust (9-inch pie dish)

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- 1 ½ cups (210g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp baking powder
- ½ tsp salt
- ½ cup (115g) cold butter or coconut oil, cut into cubes
- 1 large egg
- 2-3 Tbsp cold water (as needed)

INSTRUCTIONS

1. **Mix dry ingredients:** In a large bowl, whisk together the brown rice flour, tapioca starch, baking powder, and salt.
2. **Cut in the butter:** Add the cold butter cubes to the dry ingredients and use a pastry cutter or your fingers to work the butter into the flour mixture until it resembles coarse crumbs.
3. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard and egg until combined.
4. **Form the dough:** Gradually add the discard-egg mixture to the dry ingredients and stir until a dough forms. If the dough is too dry, add cold water 1 tablespoon at a time until it comes together. Shape the dough into a disc, wrap it in plastic wrap, and refrigerate for at least 30 minutes.
5. **Roll out the crust:** Once chilled, remove the dough from the fridge and place it between two pieces of parchment paper. Roll the dough out into a circle large enough to fit a 9-inch pie dish.
6. **Fit the crust into the dish:** Transfer the dough to the pie dish and press it into the bottom and sides. Trim any excess dough around the edges. Use a fork to prick the bottom of the crust.
7. **Pre-bake the crust:** Preheat the oven to 375°F (190°C). Line the crust with parchment paper and fill it with pie weights or dried beans. Bake for 15 minutes. Remove the weights and parchment, then bake for an additional 5 minutes until the crust is lightly golden.
8. **Fill and bake the quiche:** Once pre-baked, the crust is ready to be filled with your favorite quiche filling and baked according to your quiche recipe's instructions.

NUTRITIONAL INFORMATION (PER SERVING, APPROX. BASED ON 8 SLICES)

- Calories: 180
- Protein: 3g
- Carbohydrates: 25g
- Fat: 8g
- Fiber: 2g
- Sugar: 1g

Empanada Dough

PREPARATION TIME: 20 minutes (plus 30 minutes chilling)

COOKING TIME: 20-25 minutes

YIELD: 12-14 empanadas

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- ¾ cup (100g) sorghum flour
- ½ cup (75g) white rice flour
- ½ cup (60g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp baking powder
- ½ tsp salt
- ½ cup (115g) cold butter or coconut oil, cut into cubes
- 1 large egg
- 2-3 Tbsp cold water (as needed)

INSTRUCTIONS

1. **Mix dry ingredients:** In a large bowl, whisk together the sorghum flour, white rice flour, tapioca starch, baking powder, and salt.
2. **Cut in the butter:** Add the cold butter cubes to the dry ingredients and use a pastry cutter or your fingers to blend the butter into the flour mixture until it resembles coarse crumbs.
3. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard and egg until combined.
4. **Form the dough:** Gradually add the discard-egg mixture to the dry ingredients and stir until a dough forms. If the dough is too dry, add cold water 1 tablespoon at a time until it comes together.
5. **Chill the dough:** Shape the dough into a disc, wrap it in plastic wrap, and refrigerate for at least 30 minutes.
6. **Roll out the dough:** After chilling, remove the dough from the fridge and lightly flour a surface with gluten-free flour. Roll out the dough to about ⅛-inch thickness. Use a round cutter or a glass (about 4-5 inches in diameter) to cut circles out of the dough.
7. **Fill the empanadas:** Place a tablespoon of your desired filling (e.g., cooked meat, vegetables, or cheese) in the center of each circle. Fold the dough over to form a half-moon shape and press the edges together. Use a fork to crimp the edges for a secure seal.
8. **Preheat the oven:** Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.

9. **Bake the empanadas:** Place the empanadas on the prepared baking sheet and brush the tops with a little beaten egg for a golden finish. Bake for 20-25 minutes, or until the empanadas are golden brown and crisp.
10. **Cool and serve:** Let the empanadas cool slightly before serving. Enjoy with your favorite dipping sauce or as-is!

NUTRITIONAL INFORMATION (PER EMPANADA, APPROX.)

- Calories: 180
- Protein: 3g
- Carbohydrates: 23g
- Fat: 8g
- Fiber: 2g
- Sugar: 1g

Stuffed Calzone Dough

Preparation Time: 20 minutes (plus 1 hour rising time)

Cooking Time: 20-25 minutes

Yield: 4 calzones

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- ½ cup (75g) brown rice flour
- 1 cup (100g) millet flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp dried oregano (optional)
- 2 Tbsp (30g) olive oil
- ½ cup (120ml) warm water
- 1 large egg
- 1 tsp apple cider vinegar (optional, helps with texture)
- 1 cup (240g) ricotta cheese (for filling, or your choice of filling such as mozzarella, ham, or sautéed veggies)
- 1 cup (240g) shredded mozzarella (for filling)
- ¼ cup (60g) marinara sauce (for filling)
- Olive oil for brushing

INSTRUCTIONS

1. **Preheat the oven:** Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. **Mix dry ingredients:** In a large bowl, whisk together the brown rice flour, millet flour, tapioca starch, baking powder, salt, and oregano (if using).
3. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, olive oil, warm water, egg, and apple cider vinegar (if using).
4. **Form the dough:** Gradually add the wet mixture into the dry ingredients and stir until a soft dough forms. If the dough is too sticky, add more flour (1 tablespoon at a time).
5. **Let the dough rise:** Cover the dough with a kitchen towel and let it rest for 1 hour at room temperature. This helps the dough become slightly puffy.

6. **Roll out the dough:** After rising, divide the dough into 4 equal portions. On a lightly floured surface (using gluten-free flour), roll each portion into a round about 1/8-inch thick.
7. **Fill the calzones:** Spread a spoonful of marinara sauce on one half of each dough round, leaving a small border. Add ricotta cheese and shredded mozzarella (or any other filling like ham or sautéed veggies). Fold the dough over the filling to create a half-moon shape. Press the edges together and crimp them with a fork to seal.
8. **Brush and bake:** Transfer the calzones to the prepared baking sheet. Brush the tops with olive oil to give them a golden finish. Bake for 20-25 minutes, or until the calzones are golden brown and crisp.
9. **Cool and serve:** Let the calzones cool slightly before serving. Enjoy with extra marinara sauce for dipping.

NUTRITIONAL INFORMATION (PER CALZONE, APPROX.)

- Calories: 320
- Protein: 12g
- Carbohydrates: 32g
- Fat: 14g
- Fiber: 3g
- Sugar: 3g

Chicken Pot Pie Crust

PREPARATION TIME: 15 minutes (plus 30 minutes chilling)

COOKING TIME: 30-35 minutes

YIELD: 1 double-crust for a 9-inch pie

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- 1 ½ cups (210g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp baking powder
- ½ tsp salt
- ½ cup (115g) cold butter or coconut oil, cut into cubes
- 1 large egg
- 2-3 Tbsp cold water (as needed)

INSTRUCTIONS

1. **Mix dry ingredients:** In a large bowl, whisk together the brown rice flour, tapioca starch, baking powder, and salt.
2. **Cut in the butter:** Add the cold butter cubes to the dry ingredients and use a pastry cutter or your fingers to blend until the mixture resembles coarse crumbs.
3. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard and egg until combined.
4. **Form the dough:** Gradually add the discard-egg mixture to the dry ingredients and stir until a dough forms. If the dough is too dry, add cold water 1 tablespoon at a time until it comes together.
5. **Chill the dough:** Shape the dough into two discs (one for the bottom crust and one for the top), wrap in plastic wrap, and refrigerate for at least 30 minutes.
6. **Roll out the crust:** Once chilled, remove the dough from the fridge and place one disc between two pieces of parchment paper. Roll the dough out into a circle large enough to fit a 9-inch pie dish. Transfer the rolled dough into the pie dish and press it into the bottom and sides.
7. **Fill the pot pie:** Fill your pie with the prepared chicken pot pie filling (such as a mix of cooked chicken, vegetables, and gravy).
8. **Top with the second crust:** Roll out the second disc of dough and place it over the top of the filling. Trim any excess dough, then press the edges together to seal. Use a fork or your fingers to crimp the edges. Cut a few small slits in the top to allow steam to escape.

9. **Bake the pot pie:** Preheat the oven to 375°F (190°C). Bake the pot pie for 30-35 minutes, or until the crust is golden brown and the filling is bubbling.
10. **Cool and serve:** Let the pot pie cool for 10 minutes before slicing and serving.

NUTRITIONAL INFORMATION (PER SLICE, APPROX. BASED ON 8 SLICES)

- Calories: 250
- Protein: 4g
- Carbohydrates: 28g
- Fat: 12g
- Fiber: 2g
- Sugar: 1g

Tortillas

PREPARATION TIME: 15 minutes (plus 30 minutes resting)

COOKING TIME: 15 minutes

YIELD: 8 tortillas

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- 1 cup (140g) sorghum flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp baking powder
- ½ tsp salt
- 2 Tbsp (30g) olive oil or melted butter
- ½ cup (120ml) warm water

INSTRUCTIONS

1. **Mix dry ingredients:** In a large bowl, whisk together the sorghum flour, tapioca starch, baking powder, and salt.
2. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, olive oil, and warm water.
3. **Form the dough:** Gradually add the wet ingredients to the dry mixture and stir until a soft dough forms. If the dough is too dry, add a little more water, 1 tablespoon at a time, until the dough is pliable but not sticky.
4. **Rest the dough:** Cover the dough with a towel and let it rest for 30 minutes to allow the flours to hydrate.
5. **Divide and roll:** Divide the dough into 8 equal portions. Lightly flour a surface with gluten-free flour and roll each portion into a thin round, about ⅛ inch thick.
6. **Cook the tortillas:** Heat a non-stick skillet or griddle over medium-high heat. Cook each tortilla for about 1-2 minutes on each side, until bubbles form and the tortilla begins to brown. Flip and cook the other side until golden spots appear.
7. **Serve:** Stack the cooked tortillas and cover with a towel to keep them warm. Serve immediately or store in an airtight container for up to 3 days.

NUTRITIONAL INFORMATION (PER TORTILLA, APPROX.)

- Calories: 110
- Protein: 2g

- Carbohydrates: 18g
- Fat: 4g
- Fiber: 2g
- Sugar: 0g

Garlic Naan

PREPARATION TIME: 20 minutes (plus 1 hour rising time)

COOKING TIME: 10-15 minutes

YIELD: 6 naan

INGREDIENTS

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- ½ cup (70g) brown rice flour
- ¾ cup (105g) millet flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp baking powder
- ½ tsp baking soda
- 1 tsp salt
- ½ cup (120ml) warm water
- 2 Tbsp (30g) olive oil or melted butter
- 2-3 cloves garlic, minced
- 2 Tbsp fresh chopped cilantro (optional)
- 2 Tbsp butter or olive oil for brushing

INSTRUCTIONS

1. **Mix dry ingredients:** In a large bowl, whisk together the brown rice flour, millet flour, tapioca starch, baking powder, baking soda, and salt.
2. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, warm water, and olive oil.
3. **Form the dough:** Gradually add the wet ingredients into the dry mixture and stir until a soft dough forms. If the dough is too sticky, add a little more flour (1 tablespoon at a time).
4. **Rest the dough:** Cover the dough with a towel and let it rest for 1 hour at room temperature to allow it to rise slightly.
5. **Roll out the naan:** After resting, divide the dough into 6 equal portions. On a lightly floured surface (using gluten-free flour), roll each portion into an oval or round shape about ¼ inch thick.
6. **Prepare garlic butter:** In a small saucepan, melt the butter (or heat the olive oil) with the minced garlic over low heat for a minute or two, just until fragrant. Remove from heat and stir in chopped cilantro if using.

7. **Cook the naan:** Heat a non-stick skillet or cast-iron pan over medium-high heat. Place one naan in the hot pan and cook for 2-3 minutes on the first side, until bubbles form. Flip and cook the other side for another 2-3 minutes, until golden brown spots appear. Repeat with the remaining dough portions.
8. **Brush with garlic butter:** Immediately brush each naan with the garlic butter as soon as it comes off the skillet.
9. **Serve:** Serve warm with your favorite dips, curries, or on its own.

NUTRITIONAL INFORMATION (PER NAAN, APPROX.)

- Calories: 160
- Protein: 3g
- Carbohydrates: 24g
- Fat: 6g
- Fiber: 2g
- Sugar: 1g

Savory Crepes with Spinach and Cheese

PREPARATION TIME: 15 minutes

COOKING TIME: 15 minutes

YIELD: 6-8 crepes

INGREDIENTS

Crepes:

- 1 cup (225g) gluten-free sourdough discard (100% hydration)
- ½ cup (70g) sorghum flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 2 large eggs
- 1 cup (240ml) unsweetened almond milk (or any milk of choice)
- 2 Tbsp (30g) melted butter or olive oil
- ½ tsp salt
- ½ tsp garlic powder (optional)

Filling:

- 2 Tbsp (30g) olive oil or butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 4 cups (120g) fresh spinach, chopped
- ½ cup (120g) ricotta or cream cheese
- ½ cup (60g) shredded mozzarella or cheddar cheese
- Salt and pepper, to taste
- Optional: a pinch of nutmeg for extra flavor

INSTRUCTIONS

1. **Mix the crepe ingredients:** In a blender or mixing bowl, combine the sourdough discard, brown rice flour, tapioca starch, eggs, almond milk, melted butter, salt, and garlic powder. Blend or whisk until smooth and lump-free.
2. **Rest the batter:** Let the batter rest for 15-20 minutes to allow the flours to hydrate.
3. **Cook the crepes:** Heat a non-stick skillet or crepe pan over medium heat. Lightly grease with butter or oil. Pour about ¼ cup of batter into the pan, swirling to spread it thinly across the surface. Cook for about 1-2 minutes until the edges start to lift and the bottom is lightly golden. Flip and cook the

other side for another 30 seconds to 1 minute. Repeat with the remaining batter and set the crepes aside.

4. **Sauté the filling:** In a skillet, heat the olive oil or butter over medium heat. Add the chopped onion and cook until soft, about 3-4 minutes. Add the garlic and sauté for 1 more minute. Stir in the spinach and cook until wilted, about 2-3 minutes. Season with salt, pepper, and a pinch of nutmeg if using.
5. **Mix with cheese:** Remove the spinach mixture from the heat and stir in the ricotta or cream cheese and shredded cheese until well combined.
6. **Fill the crepes:** Place a few tablespoons of the spinach and cheese filling in the center of each crepe. Fold the crepes in half or roll them up, depending on your preference.
7. **Serve:** Serve the savory crepes warm, with a side salad or on their own.

NUTRITIONAL INFORMATION (PER CREPE, APPROX.)

- Calories: 180
- Protein: 6g
- Carbohydrates: 15g
- Fat: 10g
- Fiber: 2g
- Sugar: 1g

FERMENTED SIDES

Fermented Onions

PREPARATION TIME: 15 minutes

FERMENTATION TIME: 5-7 days

YIELD: 1 quart jar

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 3-4 medium onions (about 500g), thinly sliced
- 1 tsp sea salt
- 1 cup (240ml) water (or more as needed, for brine)
- 1 tsp peppercorns (optional)
- 2-3 cloves garlic, peeled and smashed
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)

INSTRUCTIONS:

1. **Prepare the brine:** In a bowl, mix the gluten-free sourdough discard, sea salt, and water until the salt is fully dissolved.
2. **Pack the jar:** In a clean quart jar, add the garlic and peppercorns (if using). Then, pack the sliced onions into the jar, pressing them down to remove air pockets and ensure they fit tightly.
3. **Add the brine:** Pour the sourdough discard brine over the onions, making sure they are fully submerged. If the onions are not fully covered, add more water as needed.
4. **Ferment:** Cover the jar loosely with a lid or cloth and let it ferment at room temperature for 5-7 days. Check daily to ensure the onions stay submerged in the brine, pressing them down if necessary.
5. **Taste and store:** After 5 days, begin tasting the onions. Once they reach your desired level of sourness, transfer the jar to the fridge. The onions will continue to ferment slowly in the fridge and can be stored for several weeks.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 35
- Protein: 1g
- Carbohydrates: 8g
- Fat: 0g

- Fiber: 2g
- Sugar: 4g

Pickles

PREPARATION TIME: 15 minutes

FERMENTATION TIME: 3-5 days

YIELD: 1 quart jar

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 1 cup (240ml) water
- 1 Tbsp (15g) sea salt
- 1 tsp mustard seeds
- ½ tsp peppercorns
- 1 clove garlic, peeled and smashed
- 2-3 sprigs fresh dill (optional)
- 3-4 small cucumbers (or vegetables of choice like carrots, radishes, or green beans), cut into spears or rounds
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)

INSTRUCTIONS:

1. **Prepare the brine:** In a bowl, mix together the water, gluten-free sourdough discard, and sea salt until the salt is fully dissolved.
2. **Prepare the jar:** In a clean quart jar, add mustard seeds, peppercorns, garlic, and fresh dill if using.
3. **Pack the cucumbers:** Add the cucumber spears (or your choice of vegetables) to the jar, packing them tightly but without crushing them.
4. **Add the brine:** Pour the prepared sourdough discard brine over the vegetables, making sure they are fully submerged. If necessary, place a small weight or a folded cabbage leaf on top of the vegetables to keep them under the brine.
5. **Ferment:** Cover the jar loosely with a lid or a cloth and leave it at room temperature for 3-5 days. Check daily to ensure the vegetables remain submerged in the brine. You may need to skim off any foam or yeast that forms on top.
6. **Taste and store:** After 3 days, start tasting the pickles. Once they reach your preferred level of tanginess, transfer the jar to the fridge. The fermentation process will slow down in the refrigerator, but the flavors will continue to develop.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 15

- Protein: 1g
- Carbohydrates: 3g
- Fat: 0g
- Fiber: 1g
- Sugar: 1g

Fermented Carrots

PREPARATION TIME: 20 minutes

FERMENTATION TIME: 5-7 days

YIELD: 1 quart jar

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 1 cup (240ml) water
- 1 Tbsp (15g) sea salt
- ½ tsp coriander seeds (optional)
- ½ tsp mustard seeds
- 1 clove garlic, peeled and smashed
- 2-3 sprigs fresh dill (optional)
- 6-8 medium carrots (cut into sticks or rounds)
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)

INSTRUCTIONS:

1. **Prepare the brine:** In a medium bowl, mix the water, gluten-free sourdough discard, and sea salt until the salt is fully dissolved.
2. **Prepare the jar:** In a clean quart jar, add the coriander seeds, mustard seeds, garlic, and fresh dill if using.
3. **Pack the carrots:** Add the carrot sticks or rounds to the jar, packing them tightly but without crushing them.
4. **Add the brine:** Pour the sourdough discard brine over the carrots, ensuring they are fully submerged. Place a small weight or a cabbage leaf on top of the carrots to keep them below the brine.
5. **Ferment:** Cover the jar loosely with a lid or a cloth and let it sit at room temperature for 5-7 days. Check daily to ensure the carrots stay submerged and skim off any foam or yeast that forms on top.
6. **Taste and store:** Start tasting the carrots after 5 days. Once they reach your desired level of tanginess, transfer the jar to the refrigerator to slow down the fermentation process. The flavor will continue to develop over time.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 35
- Protein: 1g

- Carbohydrates: 8g
- Fat: 0g
- Fiber: 2g
- Sugar: 4g

Fermented Sauerkraut

PREPARATION TIME: 20 minutes

FERMENTATION TIME: 1-2 weeks

YIELD: 1 quart jar

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 1 medium head (about 2 lbs or 900g) green cabbage, thinly sliced
- 1 Tbsp (15g) sea salt
- 1 tsp caraway seeds (optional)
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 cup (240ml) water (as needed, depending on how much brine the cabbage produces)

INSTRUCTIONS:

1. **Prepare the cabbage:** Remove the outer leaves of the cabbage and set them aside. Thinly slice the cabbage, then place it in a large bowl.
2. **Massage the cabbage:** Sprinkle the sea salt over the sliced cabbage. Using your hands, massage the cabbage for about 5-10 minutes, until it starts to release its liquid and becomes softer. This will form the brine for fermentation.
3. **Add the discard and caraway seeds:** Add the gluten-free sourdough discard and caraway seeds (if using) to the cabbage and mix well. The discard will help initiate the fermentation process.
4. **Pack the jar:** Tightly pack the cabbage mixture into a clean quart jar, pressing down as you go to ensure the cabbage is submerged in its liquid. If the cabbage isn't fully covered by its own brine, add a little water to top it off.
5. **Use the outer leaves:** Place one of the reserved outer cabbage leaves on top of the packed sauerkraut to help keep the shredded cabbage submerged in the brine. You can use a small weight to keep everything pressed down.
6. **Cover and ferment:** Cover the jar loosely with a lid or a cloth, allowing air to escape while keeping dust and debris out. Let the sauerkraut ferment at room temperature for 1-2 weeks, checking it daily to ensure the cabbage stays submerged. If needed, press it down to release more brine.
7. **Taste and store:** After about 7 days, start tasting the sauerkraut. Once it reaches your desired level of sourness, transfer the jar to the fridge, where the fermentation will slow down but the flavor will continue to develop.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 25
- Protein: 1g
- Carbohydrates: 5g
- Fat: 0g
- Fiber: 2g
- Sugar: 2g

Fermented Kimchi

PREPARATION TIME: 30 minutes (plus 2-3 hours salting time)

FERMENTATION TIME: 5-7 days

YIELD: 1 quart jar

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 1 medium (2 lbs or 900g) napa cabbage, cut into bite-sized pieces
- ¼ cup (60g) sea salt
- 1 cup (240ml) water (optional, for brine)
- 1 daikon radish (200g), julienned
- 4-5 scallions, chopped
- 1 small carrot (50g), julienned
- 4 cloves garlic, minced
- 1 inch (15g) fresh ginger, grated
- 2 Tbsp (30g) gochugaru (Korean red chili flakes) or adjust to taste
- 1 Tbsp (15g) gluten-free tamari or coconut aminos (optional)
- 1 tsp sugar (optional)
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)

INSTRUCTIONS:

1. **Salt the cabbage:** Place the cabbage in a large bowl, sprinkle with sea salt, and toss to combine. Let it sit for 2-3 hours, massaging the cabbage every 30 minutes to help it release water and soften.
2. **Rinse the cabbage:** After 2-3 hours, rinse the cabbage thoroughly under cold water to remove excess salt. Drain and set aside.
3. **Make the kimchi paste:** In a separate bowl, mix the gluten-free sourdough discard, garlic, ginger, gochugaru, tamari or coconut aminos, and sugar (if using) to form a thick paste.
4. **Add vegetables:** Add the julienned daikon radish, scallions, and carrot to the kimchi paste and mix well to coat all the vegetables evenly.
5. **Combine with cabbage:** Add the rinsed cabbage to the bowl with the kimchi paste and vegetables. Mix everything together until the cabbage is well coated with the paste.
6. **Pack the jar:** Pack the kimchi mixture tightly into a clean quart jar, pressing it down to eliminate air pockets and ensure the vegetables are submerged in their juices. If the vegetables aren't fully covered, you can add a little water to make sure everything is submerged.

7. **Ferment:** Cover the jar loosely with a lid or a cloth and leave it at room temperature to ferment for 5-7 days. Check the kimchi daily to ensure the vegetables remain submerged in the liquid, and press down if necessary.
8. **Taste and store:** After 5 days, taste the kimchi. Once it reaches your desired level of tanginess, transfer it to the fridge. The fermentation will continue slowly, and the flavors will develop over time.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 30
- Protein: 1g
- Carbohydrates: 6g
- Fat: 0g
- Fiber: 2g
- Sugar: 1g

Fermented Green Beans

PREPARATION TIME: 20 minutes

FERMENTATION TIME: 5-7 days

YIELD: 1 quart jar

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 1 lb (450g) fresh green beans, trimmed
- 2-3 cloves garlic, peeled and smashed
- 1 tsp mustard seeds (optional)
- 1 tsp peppercorns
- 1 Tbsp (15g) sea salt
- 1 cup (240ml) water (or more as needed, for brine)
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1-2 sprigs fresh dill (optional)

INSTRUCTIONS:

1. **Prepare the brine:** In a bowl, mix the gluten-free sourdough discard, sea salt, and water until the salt is fully dissolved.
2. **Pack the jar:** In a clean quart jar, add the garlic, mustard seeds (if using), peppercorns, and fresh dill. Then, tightly pack the trimmed green beans into the jar vertically, ensuring there is enough space at the top for the brine.
3. **Add the brine:** Pour the sourdough discard brine over the green beans, making sure they are fully submerged. If the beans are not fully covered, add more water as needed.
4. **Ferment:** Cover the jar loosely with a lid or cloth and let it ferment at room temperature for 5-7 days. Check daily to ensure the green beans stay submerged in the brine. You can press them down if necessary.
5. **Taste and store:** After 5 days, begin tasting the beans. Once they reach your desired level of sourness, transfer the jar to the fridge. The green beans will continue to ferment slowly in the fridge and can be stored for several weeks.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 20
- Protein: 1g
- Carbohydrates: 4g

- Fat: 0g
- Fiber: 2g
- Sugar: 1g

Fermented Jalapeños

PREPARATION TIME: 20 minutes

FERMENTATION TIME: 5-7 days

YIELD: 1 pint jar

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 10-12 fresh jalapeños, sliced into rounds
- 2-3 cloves garlic, peeled and smashed
- 1 tsp cumin seeds (optional)
- 1 tsp peppercorns
- 1 Tbsp (15g) sea salt
- 1 cup (240ml) water (or more as needed, for brine)
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)

INSTRUCTIONS:

1. **Prepare the brine:** In a bowl, mix the gluten-free sourdough discard, sea salt, and water until the salt is fully dissolved.
2. **Pack the jar:** In a clean pint jar, add the garlic, cumin seeds (if using), and peppercorns. Then, tightly pack the sliced jalapeños into the jar.
3. **Add the brine:** Pour the sourdough discard brine over the jalapeños, ensuring they are fully submerged. If the jalapeños are not fully covered, add more water as needed.
4. **Ferment:** Cover the jar loosely with a lid or cloth and let it ferment at room temperature for 5-7 days. Check daily to ensure the jalapeños stay submerged in the brine. You can press them down if necessary.
5. **Taste and store:** After 5 days, begin tasting the jalapeños. Once they reach your desired level of spiciness and sourness, transfer the jar to the fridge. The jalapeños will continue to ferment slowly in the fridge and can be stored for several weeks.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 15
- Protein: 1g
- Carbohydrates: 3g
- Fat: 0g

- Fiber: 1g
- Sugar: 1g

Fermented Beets

PREPARATION TIME: 20 minutes

FERMENTATION TIME: 5-7 days

YIELD: 1 quart jar

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 4-5 medium beets (about 500g), peeled and cut into small cubes or thin slices
- 2-3 cloves garlic, peeled and smashed
- 1 tsp mustard seeds (optional)
- 1 tsp peppercorns
- 1 Tbsp (15g) sea salt
- 1 cup (240ml) water (or more as needed, for brine)
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)

INSTRUCTIONS:

1. **Prepare the brine:** In a bowl, mix the gluten-free sourdough discard, sea salt, and water until the salt is fully dissolved.
2. **Pack the jar:** In a clean quart jar, add the garlic, mustard seeds (if using), and peppercorns. Then, tightly pack the beet cubes or slices into the jar, leaving some space at the top.
3. **Add the brine:** Pour the sourdough discard brine over the beets, ensuring they are fully submerged. If the beets are not fully covered, add more water as needed.
4. **Ferment:** Cover the jar loosely with a lid or cloth and let it ferment at room temperature for 5-7 days. Check daily to ensure the beets stay submerged in the brine. Press them down if necessary.
5. **Taste and store:** After 5 days, begin tasting the beets. Once they reach your desired level of sourness, transfer the jar to the fridge. The beets will continue to ferment slowly in the fridge and can be stored for several weeks.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 40
- Protein: 1g
- Carbohydrates: 9g
- Fat: 0g
- Fiber: 3g
- Sugar: 7g

Fermented Hot Sauce

PREPARATION TIME: 20 minutes

FERMENTATION TIME: 5-7 days

YIELD: 1 pint jar

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 10-12 hot peppers (jalapeños, habaneros, or your preferred variety), stems removed and chopped
- 2 cloves garlic, peeled
- 1 tsp sea salt
- 1 cup (240ml) water (or more as needed, for brine)
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 small onion (optional), roughly chopped
- 1 Tbsp (15g) sugar (optional, for sweetness)
- 1 Tbsp apple cider vinegar (optional, added after fermentation)

INSTRUCTIONS:

1. **Prepare the brine:** In a bowl, mix the gluten-free sourdough discard, sea salt, and water until the salt is fully dissolved.
2. **Pack the jar:** In a clean pint jar, add the garlic and chopped peppers. If using onion and sugar, add them to the jar as well.
3. **Add the brine:** Pour the sourdough discard brine over the peppers, ensuring they are fully submerged. If necessary, add more water to cover the peppers.
4. **Ferment:** Cover the jar loosely with a lid or cloth and let it ferment at room temperature for 5-7 days. Check daily to ensure the peppers stay submerged in the brine and press them down if needed.
5. **Blend and store:** After 5-7 days, transfer the fermented mixture to a blender. Blend until smooth. If desired, add apple cider vinegar for extra tanginess. Transfer the sauce to a clean jar or bottle and store in the fridge. The sauce will continue to develop flavor over time.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 20
- Protein: 1g
- Carbohydrates: 5g
- Fat: 0g
- Fiber: 1g
- Sugar: 2g

Fermented Garlic Paste

PREPARATION TIME: 15 minutes

FERMENTATION TIME: 7-10 days

YIELD: 1 small jar (about 1 cup)

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 1 cup (240g) garlic cloves, peeled
- 1 tsp sea salt
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ¼ cup (60ml) water (or more as needed)

INSTRUCTIONS:

1. **Prepare the garlic:** Peel the garlic cloves and place them in a food processor.
2. **Make the paste:** Add the gluten-free sourdough discard, sea salt, and water to the food processor with the garlic. Blend until a smooth paste forms, scraping down the sides as needed.
3. **Pack the jar:** Transfer the garlic paste into a clean small jar, leaving some space at the top for expansion during fermentation.
4. **Ferment:** Cover the jar loosely with a lid or cloth and let it ferment at room temperature for 7-10 days. Check daily to ensure the garlic paste remains submerged in its liquid. Stir gently if needed.
5. **Store:** Once the garlic paste reaches your desired level of tanginess, transfer the jar to the fridge. The paste will continue to develop flavor over time and can be stored for several weeks.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 100
- Protein: 5g
- Carbohydrates: 23g
- Fat: 0g
- Fiber: 2g
- Sugar: 1g

SNACKS

Soft Pretzels

PREPARATION TIME: 20 minutes (plus 1 hour rising time)

COOKING TIME: 15-20 minutes

YIELD: 6 pretzels

INGREDIENTS:

- 1 cup (240g) gluten-free sourdough discard (100% hydration)
- 1 ¼ cups (150g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 2 Tbsp (30g) melted butter or olive oil
- 1 tsp sea salt
- 1 tsp sugar
- ½ cup (120ml) warm water
- 1 tsp baking powder
- 1 Tbsp baking soda (for boiling water bath)
- Coarse sea salt for topping

INSTRUCTIONS:

1. **Mix the dough:** In a medium bowl, mix the gluten-free sourdough discard, brown rice flour, tapioca starch, melted butter, salt, sugar, and warm water until a smooth dough forms. The dough should be soft but not sticky. If it's too sticky, add a little more rice flour.
2. **Let the dough rise:** Cover the dough and let it rise in a warm place for about 1 hour, or until it has puffed up slightly.
3. **Shape the pretzels:** Preheat the oven to 425°F (220°C). Divide the dough into 6 equal portions. Roll each portion into a long rope (about 12-15 inches) and twist it into a pretzel shape.
4. **Prepare the water bath:** Bring a large pot of water to a boil and add the baking soda. Carefully dip each pretzel into the boiling water for 20-30 seconds, then remove with a slotted spoon and place on a parchment-lined baking sheet.
5. **Bake the pretzels:** Brush the tops of the pretzels with melted butter or olive oil and sprinkle with coarse sea salt. Bake for 15-20 minutes or until golden brown.
6. **Cool and serve:** Let the pretzels cool slightly before serving. They are best enjoyed fresh and warm!

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 210
- Protein: 3g
- Carbohydrates: 30g
- Fat: 7g
- Fiber: 2g
- Sugar: 1g

Crackers with Herbs

PREPARATION TIME: 15 minutes (plus 1 hour chilling time)

COOKING TIME: 12-15 minutes

YIELD: 4 servings

INGREDIENTS:

- 1 cup (240g) gluten-free sourdough discard (100% hydration)
- ½ cup (60g) brown rice flour
- ¼ cup (30g) almond flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp baking powder
- ½ tsp salt
- 2 Tbsp (30g) olive oil or melted butter
- ¼ cup (60ml) water or almond milk (adjust as needed)
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp dried oregano
- Sea salt for sprinkling (optional)

INSTRUCTIONS:

1. **Mix dry ingredients:** In a medium bowl, whisk together the brown rice flour, almond flour, tapioca starch, baking powder, salt, and dried herbs (rosemary, thyme, oregano).
2. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, olive oil, and water (or almond milk).
3. **Form the dough:** Gradually add the wet ingredients to the dry mixture and stir until a firm dough forms. If the dough is too sticky, add a bit more brown rice flour (1-2 tablespoons at a time) until you can handle it easily.
4. **Chill the dough:** Cover the dough with plastic wrap and chill it in the fridge for at least 1 hour. This step helps make the dough easier to roll out.
5. **Preheat the oven:** Preheat your oven to 350°F (180°C) and line a baking sheet with parchment paper.
6. **Roll out the dough:** Once chilled, roll the dough out between two pieces of parchment paper to about ⅛-inch thickness. Remove the top piece of parchment and cut the dough into squares or desired shapes using a pizza cutter or knife.

7. **Bake the crackers:** Transfer the parchment paper with the dough onto your prepared baking sheet. Sprinkle the top with sea salt if desired. Bake for 12-15 minutes or until the edges turn golden brown and crispy.
8. **Cool and serve:** Let the crackers cool completely on the baking sheet before serving. They will continue to crisp up as they cool.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 370
- Protein: 5g
- Carbohydrates: 45g
- Fat: 15g
- Fiber: 4g
- Sugar: 0g

Cheese Biscuits

PREPARATION TIME: 15 minutes

COOKING TIME: 12-15 minutes

YIELD: 8 biscuits

INGREDIENTS:

- 1 cup (240g) gluten-free sourdough discard (100% hydration)
- 1 cup (120g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 Tbsp (30g) melted butter or olive oil
- ½ cup (120ml) almond milk or other milk of choice
- 1 cup (100g) shredded cheddar cheese (or your preferred cheese)
- 1 tsp dried herbs (optional, like rosemary or thyme)
- 1 clove garlic, minced (optional)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. **Mix dry ingredients:** In a medium bowl, whisk together the brown rice flour, tapioca starch, baking powder, baking soda, and salt.
3. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, melted butter, and almond milk.
4. **Form the dough:** Gradually add the wet mixture to the dry ingredients and stir until just combined. Fold in the shredded cheddar cheese, minced garlic (if using), and dried herbs.
5. **Shape the biscuits:** Scoop the dough onto the prepared baking sheet using a spoon or your hands, forming 8 equal-sized mounds.
6. **Bake the biscuits:** Bake for 12-15 minutes or until the biscuits are golden brown and firm to the touch.
7. **Cool and serve:** Allow the biscuits to cool for a few minutes before serving. They are best enjoyed warm, with butter or as a side to a meal.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 290
- Protein: 7g
- Carbohydrates: 32g
- Fat: 14g
- Fiber: 2g
- Sugar: 1g

Cornbread Muffins

PREPARATION TIME: 15 minutes

COOKING TIME: 18-20 minutes

YIELD: 12 muffins

INGREDIENTS:

- 1 cup (240g) gluten-free sourdough discard (100% hydration)
- 1 cup (120g) cornmeal
- ½ cup (60g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 2 Tbsp (30g) melted butter or olive oil
- 2 Tbsp (30g) honey or maple syrup (optional for sweetness)
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 large eggs
- ½ cup (120ml) almond milk or other milk of choice

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 375°F (190°C) and line a 12-cup muffin tin with paper liners or lightly grease it.
2. **Mix dry ingredients:** In a medium bowl, whisk together the cornmeal, brown rice flour, tapioca starch, baking powder, baking soda, and salt.
3. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, melted butter, honey (if using), eggs, and almond milk until well combined.
4. **Form the batter:** Gradually add the wet mixture to the dry ingredients and stir until just combined. Do not overmix.
5. **Fill the muffin tin:** Divide the batter evenly among the muffin cups, filling each about ¾ full.
6. **Bake the muffins:** Bake for 18-20 minutes or until a toothpick inserted into the center of a muffin comes out clean.
7. **Cool and serve:** Allow the muffins to cool in the pan for 5 minutes before transferring them to a wire rack to cool completely. These muffins are perfect as a side to soups, stews, or just enjoyed with a little butter.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 270
- Protein: 5g
- Carbohydrates: 40g
- Fat: 10g
- Fiber: 3g
- Sugar: 4g

Tortilla Chips

PREPARATION TIME: 15 minutes

COOKING TIME: 12-15 minutes

YIELD: 4 servings

INGREDIENTS:

- 1 cup (240g) gluten-free sourdough discard (100% hydration)
- ½ cup (60g) cornmeal
- ¼ cup (30g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 2 Tbsp (30g) olive oil
- ½ tsp baking powder
- ½ tsp salt
- ½ cup (120ml) water
- Sea salt for sprinkling (optional)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. **Mix the dough:** In a medium bowl, whisk together the cornmeal, brown rice flour, tapioca starch, baking powder, and salt. Add the gluten-free sourdough discard, olive oil, and water, and mix until a smooth dough forms. The dough should be soft but not sticky.
3. **Roll out the dough:** Divide the dough into two portions. Roll each portion between two sheets of parchment paper until it's about ⅛ inch thick.
4. **Cut the dough:** Remove the top layer of parchment paper and cut the dough into triangles or desired shapes using a pizza cutter or knife.
5. **Bake the chips:** Transfer the parchment paper with the dough to the baking sheet. Lightly brush the tops with olive oil and sprinkle with sea salt. Bake for 12-15 minutes or until the chips are golden brown and crispy, rotating the pan halfway through baking for even browning.
6. **Cool and serve:** Allow the chips to cool completely on the baking sheet. They will crisp up more as they cool. Serve with salsa, guacamole, or enjoy as a snack.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 350
- Protein: 5g
- Carbohydrates: 45g
- Fat: 15g
- Fiber: 4g
- Sugar: 0g

Popovers

PREPARATION TIME: 10 minutes

COOKING TIME: 20-25 minutes

YIELD: 6 popovers

INGREDIENTS:

- 1 cup (240g) gluten-free sourdough discard (100% hydration)
- ½ cup (60g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp salt
- 2 large eggs
- ½ cup (120ml) almond milk or other milk of choice
- 2 Tbsp (30g) melted butter or olive oil

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 425°F (220°C). Place a muffin tin or popover pan in the oven to preheat along with it.
2. **Mix the batter:** In a medium bowl, whisk together the gluten-free sourdough discard, brown rice flour, tapioca starch, and salt. In a separate bowl, whisk the eggs and milk until frothy, then add the melted butter.
3. **Combine the mixtures:** Gradually whisk the wet ingredients into the dry mixture, stirring until smooth and well combined.
4. **Fill the hot pan:** Carefully remove the preheated muffin tin or popover pan from the oven and grease the cups with a little melted butter or oil. Fill each cup about halfway with the batter.
5. **Bake the popovers:** Bake for 20-25 minutes without opening the oven door, until the popovers are puffed and golden brown.
6. **Cool and serve:** Remove the popovers from the pan and allow them to cool slightly on a wire rack. Serve warm, ideally with butter or your favorite toppings.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 250
- Protein: 7g
- Carbohydrates: 28g
- Fat: 12g
- Fiber: 1g
- Sugar: 1g

Breadsticks

PREPARATION TIME: 15 minutes (plus 1 hour rising time)

COOKING TIME: 12-15 minutes

YIELD: 12 breadsticks

INGREDIENTS:

- 1 cup (240g) gluten-free sourdough discard (100% hydration)
- ½ cup (60g) brown rice flour
- ½ cup (60g) millet flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp sea salt
- 2 Tbsp (30g) olive oil
- ½ cup (120ml) warm water
- 1 tsp dried oregano or rosemary (optional)
- Sea salt for sprinkling (optional)

INSTRUCTIONS:

1. **Mix the dough:** In a medium bowl, whisk together the brown rice flour, millet flour, tapioca starch, baking powder, baking soda, salt, and dried herbs (if using). Add the gluten-free sourdough discard, olive oil, and warm water, mixing until a soft dough forms.
2. **Let the dough rise:** Cover the dough and let it rise in a warm place for about 1 hour.
3. **Preheat the oven:** Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
4. **Shape the breadsticks:** After the dough has risen, divide it into 12 equal portions. Roll each portion into a long stick, about 6-8 inches in length. Place them on the prepared baking sheet.
5. **Bake the breadsticks:** Lightly brush the tops of the breadsticks with olive oil and sprinkle with sea salt if desired. Bake for 12-15 minutes or until the breadsticks are golden brown and firm to the touch.
6. **Cool and serve:** Let the breadsticks cool slightly before serving. Enjoy them plain or with your favorite dipping sauces.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 280
- Protein: 4g
- Carbohydrates: 40g
- Fat: 10g
- Fiber: 2g
- Sugar: 1g

Flatbread Chips

PREPARATION TIME: 15 minutes

COOKING TIME: 12-15 minutes

YIELD: 4 servings

INGREDIENTS:

- 1 cup (240g) gluten-free sourdough discard (100% hydration)
- ½ cup (60g) sorghum flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- ½ tsp salt
- 2 Tbsp (30g) olive oil
- ¼ cup (60ml) water
- 1 tsp dried herbs (optional, like rosemary or thyme)
- Sea salt for sprinkling (optional)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. **Mix the dough:** In a medium bowl, whisk together the sorghum flour, tapioca starch, baking powder, salt, and dried herbs (if using). Add the gluten-free sourdough discard, olive oil, and water, stirring until a smooth dough forms.
3. **Roll out the dough:** Divide the dough into two portions. Roll each portion between two pieces of parchment paper until it is about ⅛ inch thick.
4. **Cut the dough:** Remove the top layer of parchment paper and cut the dough into triangles or desired shapes using a pizza cutter or knife.
5. **Bake the chips:** Transfer the parchment paper with the dough onto the baking sheet. Lightly brush the tops with olive oil and sprinkle with sea salt if desired. Bake for 12-15 minutes or until the chips are golden brown and crispy.
6. **Cool and serve:** Allow the chips to cool completely on the baking sheet. They will crisp up more as they cool. Serve with dips or enjoy as a crunchy snack.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 350
- Protein: 5g
- Carbohydrates: 45g
- Fat: 15g
- Fiber: 4g
- Sugar: 0g

Savory Muffins

PREPARATION TIME: 15 minutes

COOKING TIME: 18-20 minutes

YIELD: 12 muffins

INGREDIENTS:

- 1 cup (240g) gluten-free sourdough discard (100% hydration)
- $\frac{3}{4}$ cup (90g) millet flour
- $\frac{1}{4}$ cup (30g) white rice flour
- $\frac{1}{4}$ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 2 large eggs
- $\frac{1}{2}$ cup (120ml) almond milk or other milk of choice
- 2 Tbsp (30g) olive oil or melted butter
- 1 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 cup (100g) shredded cheddar cheese or your choice of cheese
- $\frac{1}{2}$ cup (50g) cooked and crumbled bacon or chopped ham (optional)
- $\frac{1}{4}$ cup chopped fresh herbs (like parsley, chives, or rosemary)
- 1 clove garlic, minced (optional)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 375°F (190°C) and line a 12-cup muffin tin with paper liners or lightly grease it.
2. **Mix dry ingredients:** In a medium bowl, whisk together the millet flour, white rice flour, tapioca starch, baking powder, baking soda, and salt.
3. **Combine wet ingredients:** In a separate bowl, mix the gluten-free sourdough discard, eggs, olive oil, and almond milk.
4. **Form the batter:** Gradually add the wet ingredients to the dry mixture and stir until just combined. Fold in the shredded cheese, bacon or ham (if using), fresh herbs, and garlic (if using).
5. **Fill the muffin tin:** Divide the batter evenly among the muffin cups, filling each about $\frac{3}{4}$ full.
6. **Bake the muffins:** Bake for 18-20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

7. **Cool and serve:** Let the muffins cool in the pan for a few minutes before transferring them to a wire rack to cool completely. Enjoy these muffins as a snack, breakfast, or side dish.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 280
- Protein: 8g
- Carbohydrates: 25g
- Fat: 15g
- Fiber: 2g
- Sugar: 1g

Garlic Knots

PREPARATION TIME: 15 minutes (plus 1 hour rising time)

COOKING TIME: 15-18 minutes

YIELD: 12 garlic knots

INGREDIENTS:

- 1 cup (240g) gluten-free sourdough discard (100% hydration)
- 1 cup (120g) sorghum flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 Tbsp (30g) olive oil (plus more for brushing)
- ½ cup (120ml) warm water
- 3 cloves garlic, minced
- 1 Tbsp chopped fresh parsley
- Sea salt for sprinkling (optional)

INSTRUCTIONS:

1. **Mix the dough:** In a medium bowl, whisk together the sorghum flour, tapioca starch, baking powder, baking soda, and salt. Add the gluten-free sourdough discard, olive oil, and warm water, and mix until a soft dough forms.
2. **Let the dough rise:** Cover the dough and let it rise in a warm place for about 1 hour.
3. **Preheat the oven:** Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
4. **Shape the garlic knots:** After the dough has risen, divide it into 12 equal portions. Roll each portion into a rope, about 6 inches long, and then tie each rope into a knot. Place the knots on the prepared baking sheet.
5. **Bake the garlic knots:** Bake for 15-18 minutes or until golden brown.
6. **Prepare the garlic topping:** While the knots are baking, heat 2 tablespoons of olive oil in a small pan over low heat. Add the minced garlic and sauté for 1-2 minutes, until fragrant (be careful not to burn it). Remove from heat and stir in the fresh parsley.
7. **Brush the garlic knots:** Once the knots are done baking, brush them with the garlic-parsley mixture and sprinkle with sea salt if desired.

8. **Cool and serve:** Allow the garlic knots to cool slightly before serving. Enjoy them warm with marinara sauce or as a side to your meal.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 270
- Protein: 5g
- Carbohydrates: 38g
- Fat: 10g
- Fiber: 2g
- Sugar: 1g

DESSERTS

Brownies

PREPARATION TIME: 15 minutes

COOKING TIME: 25-30 minutes

YIELD: 12 brownies

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- ½ cup (60g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ cup (115g) unsalted butter or coconut oil, melted
- ¾ cup (150g) sugar
- ¼ cup (20g) cocoa powder
- ½ tsp baking powder
- ¼ tsp salt
- 2 large eggs
- 1 tsp vanilla extract
- ½ cup (90g) dark chocolate chips (optional)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 350°F (180°C) and line an 8x8-inch baking pan with parchment paper or lightly grease it.
2. **Mix dry ingredients:** In a medium bowl, whisk together the brown rice flour, tapioca starch, cocoa powder, baking powder, and salt.
3. **Combine wet ingredients:** In a separate bowl, mix the melted butter (or coconut oil), sugar, eggs, vanilla extract, and gluten-free sourdough discard until smooth.
4. **Combine wet and dry ingredients:** Gradually add the dry ingredients to the wet mixture and stir until just combined. If you're using chocolate chips, fold them into the batter.
5. **Bake the brownies:** Pour the batter into the prepared pan and spread it out evenly. Bake for 25-30 minutes or until a toothpick inserted into the center comes out with a few moist crumbs. The brownies will continue to set as they cool.
6. **Cool and serve:** Allow the brownies to cool completely in the pan before cutting into squares. Enjoy!

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 320
- Protein: 5g
- Carbohydrates: 35g
- Fat: 18g
- Fiber: 3g
- Sugar: 24g

Chocolate Chip Cookies

PREPARATION TIME: 15 minutes (plus 30 minutes chilling time)

COOKING TIME: 12-15 minutes

YIELD: 24 cookies

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 1 cup (120g) almond flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp baking soda
- ½ tsp salt
- ½ cup (115g) unsalted butter, softened (or coconut oil for dairy-free)
- ¾ cup (150g) brown sugar
- ¼ cup (50g) granulated sugar
- 1 large egg
- 1 tsp vanilla extract
- 1 cup (180g) dark chocolate chips (or dairy-free alternative)

INSTRUCTIONS:

1. **Mix dry ingredients:** In a medium bowl, whisk together the almond flour, tapioca starch, baking soda, and salt.
2. **Cream butter and sugars:** In a separate bowl, cream together the softened butter and both sugars until light and fluffy. Add the egg, vanilla extract, and gluten-free sourdough discard, and mix until well combined.
3. **Combine wet and dry ingredients:** Gradually add the dry ingredients to the wet mixture and stir until just combined. Fold in the chocolate chips.
4. **Chill the dough:** Cover the dough and chill in the fridge for at least 30 minutes to firm up.
5. **Preheat the oven:** Preheat your oven to 350°F (180°C) and line a baking sheet with parchment paper.
6. **Scoop and bake:** Scoop the dough into 1 ½-inch balls (about 1 tablespoon of dough) and place them on the baking sheet, leaving space between each cookie. Bake for 12-15 minutes, or until the edges are golden but the centers are still soft.
7. **Cool and serve:** Allow the cookies to cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 450
- Protein: 6g
- Carbohydrates: 50g
- Fat: 24g
- Fiber: 4g
- Sugar: 30g

Apple Cake

PREPARATION TIME: 20 minutes

COOKING TIME: 40-45 minutes

YIELD: 8-10 servings

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- ½ cup (60g) almond flour
- ½ cup (60g) sorghum flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- ½ cup (115g) unsalted butter, melted (or coconut oil for dairy-free)
- ¾ cup (150g) brown sugar
- 2 large eggs
- 1 tsp vanilla extract
- 2 medium apples (about 300g), peeled, cored, and thinly sliced
- 1 Tbsp lemon juice
- 1 Tbsp granulated sugar (optional, for sprinkling on top)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 350°F (180°C) and grease a 9-inch round cake pan or line it with parchment paper.
2. **Mix dry ingredients:** In a medium bowl, whisk together the almond flour, sorghum flour, tapioca starch, baking powder, baking soda, cinnamon, nutmeg, and salt.
3. **Combine wet ingredients:** In a separate bowl, whisk together the melted butter, brown sugar, eggs, vanilla extract, and gluten-free sourdough discard until smooth.
4. **Combine wet and dry ingredients:** Gradually add the dry ingredients to the wet mixture and stir until just combined.
5. **Prepare the apples:** Toss the sliced apples with lemon juice to prevent browning.

6. **Assemble the cake:** Fold half of the sliced apples into the batter. Pour the batter into the prepared cake pan and arrange the remaining apple slices on top in a decorative pattern. Sprinkle with granulated sugar if desired for added sweetness and a bit of crunch.
7. **Bake the cake:** Bake for 40-45 minutes, or until a toothpick inserted into the center comes out clean and the top is golden brown.
8. **Cool and serve:** Allow the cake to cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely. Serve warm or at room temperature.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 280
- Protein: 4g
- Carbohydrates: 35g
- Fat: 14g
- Fiber: 3g
- Sugar: 18g

Lemon Bars

PREPARATION TIME: 20 minutes (plus 30 minutes chilling time)

COOKING TIME: 35-40 minutes

YIELD: 12 bars

INGREDIENTS:

For the crust:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- 1 cup (120g) almond flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ¼ cup (55g) unsalted butter, melted (or coconut oil for dairy-free)
- 2 Tbsp (30g) sugar
- ¼ tsp salt

For the lemon filling:

- ¾ cup (150g) sugar
- 3 large eggs
- ⅓ cup (80ml) freshly squeezed lemon juice (about 2-3 lemons)
- 1 tsp lemon zest
- 2 Tbsp (15g) tapioca starch (can also use arrowroot or potato starch)
- Powdered sugar, for dusting (optional)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 350°F (180°C) and line an 8x8-inch baking pan with parchment paper.
2. **Prepare the crust:** In a medium bowl, mix the almond flour, tapioca starch, sugar, and salt. Add the melted butter and gluten-free sourdough discard, stirring until the mixture forms a dough.
3. **Chill the crust:** Press the dough evenly into the prepared baking pan. Chill in the fridge for 30 minutes to firm up.
4. **Bake the crust:** Once chilled, bake the crust for 12-15 minutes or until lightly golden. Remove from the oven and let it cool slightly while you prepare the filling.
5. **Make the lemon filling:** In a large bowl, whisk together the sugar, eggs, lemon juice, lemon zest, and tapioca starch until smooth and well combined.
6. **Bake the bars:** Pour the lemon mixture over the pre-baked crust and return to the oven. Bake for 20-25 minutes, or until the filling is set and no longer jiggles in the center.

7. **Cool and serve:** Allow the lemon bars to cool completely in the pan before cutting into squares. Dust with powdered sugar if desired.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 290
- Protein: 5g
- Carbohydrates: 32g
- Fat: 16g
- Fiber: 3g
- Sugar: 21g

Cinnamon Sugar Donuts

PREPARATION TIME: 20 minutes

COOKING TIME: 12-15 minutes

YIELD: 12 donuts

INGREDIENTS:

For the donuts:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- ¼ cup (30g) almond flour
- ¾ cup (90g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp salt
- ¼ cup (55g) unsalted butter, melted (or coconut oil for dairy-free)
- ½ cup (100g) sugar
- 2 large eggs
- 1 tsp vanilla extract
- ¼ cup (60ml) almond milk (or other dairy-free milk)

For the cinnamon sugar coating:

- ¼ cup (50g) sugar
- 1 tsp ground cinnamon
- 2 Tbsp (30g) melted butter or coconut oil (for brushing)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 350°F (180°C) and grease a donut pan.
2. **Mix dry ingredients:** In a medium bowl, whisk together the almond flour, rice flour, tapioca starch, baking powder, baking soda, ground cinnamon, and salt.
3. **Combine wet ingredients:** In a separate bowl, whisk together the melted butter, sugar, eggs, vanilla extract, almond milk, and gluten-free sourdough discard until smooth.
4. **Combine wet and dry ingredients:** Gradually add the dry ingredients to the wet mixture and stir until just combined.

5. **Fill the donut pan:** Spoon the batter into the greased donut pan, filling each cavity about two-thirds full.
6. **Bake the donuts:** Bake for 12-15 minutes, or until a toothpick inserted into the center comes out clean and the donuts are lightly golden. Let the donuts cool in the pan for 5 minutes, then transfer them to a wire rack.
7. **Prepare the cinnamon sugar coating:** In a small bowl, mix the sugar and ground cinnamon. Brush the slightly warm donuts with melted butter or coconut oil, then dip them into the cinnamon sugar mixture, coating them evenly.
8. **Cool and serve:** Let the donuts cool completely before serving.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 350
- Protein: 6g
- Carbohydrates: 40g
- Fat: 18g
- Fiber: 3g
- Sugar: 22g

Chocolate Cake

PREPARATION TIME: 20 minutes

COOKING TIME: 30-35 minutes

YIELD: 8-10 servings

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- ¼ cup (30g) almond flour
- ½ cup (60g) sorghum flour
- ¼ cup (30g) white rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ cup (60g) cocoa powder
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup (115g) unsalted butter, melted (or coconut oil for dairy-free)
- ¾ cup (150g) sugar
- 2 large eggs
- 1 tsp vanilla extract
- ½ cup (120ml) almond milk (or other dairy-free milk)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 350°F (180°C) and grease a 9-inch round cake pan or line it with parchment paper.
2. **Mix dry ingredients:** In a medium bowl, whisk together the flours, tapioca starch, cocoa powder, baking powder, baking soda, and salt.
3. **Combine wet ingredients:** In a separate bowl, whisk together the melted butter, sugar, eggs, vanilla extract, almond milk, and gluten-free sourdough discard until smooth.
4. **Combine wet and dry ingredients:** Gradually add the dry ingredients to the wet mixture and stir until just combined.
5. **Bake the cake:** Pour the batter into the prepared cake pan and smooth the top. Bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean.
6. **Cool and serve:** Allow the cake to cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely. Serve as is or with your favorite frosting.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 320
- Protein: 5g
- Carbohydrates: 35g
- Fat: 17g
- Fiber: 4g
- Sugar: 22g

Shortbread Cookies

PREPARATION TIME: 15 minutes (plus 30 minutes chilling time)

COOKING TIME: 12-15 minutes

YIELD: 24 cookies

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- ¼ cup (30g) almond flour
- ¾ cup (90g) millet flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- ½ cup (115g) unsalted butter, softened (or coconut oil for dairy-free)
- ¼ cup (50g) granulated sugar
- ¼ tsp salt
- 1 tsp vanilla extract

INSTRUCTIONS:

1. **Mix dry ingredients:** In a medium bowl, whisk together the almond flour, millet flour, tapioca starch, and salt.
2. **Cream butter and sugar:** In a separate bowl, cream together the softened butter and sugar until light and fluffy. Add the gluten-free sourdough discard and vanilla extract, and mix until well combined.
3. **Combine wet and dry ingredients:** Gradually add the dry ingredients to the wet mixture and stir until a dough forms.
4. **Chill the dough:** Shape the dough into a log or disk, wrap it in plastic wrap, and chill in the fridge for 30 minutes to firm up.
5. **Preheat the oven:** Preheat your oven to 350°F (180°C) and line a baking sheet with parchment paper.
6. **Shape the cookies:** Slice the chilled dough into ¼-inch thick rounds or roll it out and cut into shapes using a cookie cutter.
7. **Bake the cookies:** Place the cookies on the prepared baking sheet and bake for 12-15 minutes, or until the edges are golden.
8. **Cool and serve:** Allow the cookies to cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 400
- Protein: 5g
- Carbohydrates: 30g
- Fat: 30g
- Fiber: 3g
- Sugar: 15g

Carrot Cake

PREPARATION TIME: 20 minutes

COOKING TIME: 35-40 minutes

YIELD: 8-10 servings

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- ½ cup (60g) almond flour
- ½ cup (60g) white rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger
- ¼ tsp salt
- ½ cup (115g) unsalted butter, melted (or coconut oil for dairy-free)
- ¾ cup (150g) brown sugar
- 2 large eggs
- 1 tsp vanilla extract
- 1 ½ cups (180g) grated carrots
- ½ cup (60g) chopped walnuts (optional)
- ½ cup (80g) raisins (optional)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 350°F (180°C) and grease a 9-inch round cake pan or line it with parchment paper.
2. **Mix dry ingredients:** In a medium bowl, whisk together the almond flour, rice flour, tapioca starch, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt.
3. **Combine wet ingredients:** In a separate bowl, whisk together the melted butter, brown sugar, eggs, vanilla extract, and gluten-free sourdough discard until smooth.
4. **Combine wet and dry ingredients:** Gradually add the dry ingredients to the wet mixture and stir until just combined.

5. **Fold in the carrots:** Gently fold in the grated carrots, chopped walnuts, and raisins (if using).
6. **Bake the cake:** Pour the batter into the prepared cake pan and smooth the top. Bake for 35-40 minutes, or until a toothpick inserted into the center comes out clean.
7. **Cool and serve:** Allow the cake to cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely. Serve as is or with your favorite cream cheese frosting.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 310
- Protein: 5g
- Carbohydrates: 34g
- Fat: 17g
- Fiber: 4g
- Sugar: 22g

Gingerbread Loaf

PREPARATION TIME: 15 minutes

COOKING TIME: 45-50 minutes

YIELD: 1 loaf (about 8-10 slices)

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- ½ cup (60g) almond flour
- ½ cup (60g) sorghum flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- ¼ tsp ground cloves
- ¼ tsp salt
- ½ cup (115g) unsalted butter, melted (or coconut oil for dairy-free)
- ½ cup (120g) molasses
- ¼ cup (50g) brown sugar
- 2 large eggs
- 1 tsp vanilla extract
- ¼ cup (60ml) almond milk (or other dairy-free milk)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 350°F (180°C) and grease a 9x5-inch loaf pan or line it with parchment paper.
2. **Mix dry ingredients:** In a medium bowl, whisk together the almond flour, sorghum flour, tapioca starch, baking powder, baking soda, ground ginger, cinnamon, cloves, and salt.
3. **Combine wet ingredients:** In a separate bowl, whisk together the melted butter, molasses, brown sugar, eggs, vanilla extract, almond milk, and gluten-free sourdough discard until smooth.
4. **Combine wet and dry ingredients:** Gradually add the dry ingredients to the wet mixture and stir until just combined.
5. **Bake the loaf:** Pour the batter into the prepared loaf pan and smooth the top. Bake for 45-50 minutes, or until a toothpick inserted into the center comes out clean.

6. **Cool and serve:** Allow the gingerbread loaf to cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely. Serve plain or with a dusting of powdered sugar or a drizzle of glaze.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 320
- Protein: 5g
- Carbohydrates: 40g
- Fat: 15g
- Fiber: 3g
- Sugar: 22g

Blueberry Muffins

PREPARATION TIME: 15 minutes

COOKING TIME: 20-25 minutes

YIELD: 12 muffins

INGREDIENTS:

- ½ cup (120g) gluten-free sourdough discard (100% hydration)
- ¼ cup (30g) almond flour
- ¾ cup (90g) brown rice flour
- ¼ cup (30g) tapioca starch (can also use arrowroot or potato starch)
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup (115g) unsalted butter, melted (or coconut oil for dairy-free)
- ½ cup (100g) sugar
- 2 large eggs
- 1 tsp vanilla extract
- ½ cup (120ml) almond milk (or other dairy-free milk)
- 1 ½ cups (225g) fresh or frozen blueberries
- 1 Tbsp tapioca starch (for coating the blueberries)

INSTRUCTIONS:

1. **Preheat the oven:** Preheat your oven to 350°F (180°C) and line a 12-cup muffin tin with paper liners or grease the tin.
2. **Mix dry ingredients:** In a medium bowl, whisk together the almond flour, rice flour, tapioca starch, baking powder, baking soda, and salt.
3. **Combine wet ingredients:** In a separate bowl, whisk together the melted butter, sugar, eggs, vanilla extract, almond milk, and gluten-free sourdough discard until smooth.
4. **Combine wet and dry ingredients:** Gradually add the dry ingredients to the wet mixture and stir until just combined.
5. **Prepare the blueberries:** Toss the blueberries with 1 tablespoon of tapioca starch to prevent them from sinking to the bottom of the muffins.
6. **Fold in the blueberries:** Gently fold the coated blueberries into the batter.

7. **Fill the muffin tin:** Spoon the batter evenly into the prepared muffin tin, filling each cup about two-thirds full.
8. **Bake the muffins:** Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean and the tops are golden.
9. **Cool and serve:** Allow the muffins to cool in the tin for 5 minutes before transferring them to a wire rack to cool completely.

NUTRITIONAL INFORMATION (PER 100G, APPROX.):

- Calories: 260
- Protein: 5g
- Carbohydrates: 28g
- Fat: 15g
- Fiber: 3g
- Sugar: 12g

CONCLUSION

Experimenting with sourdough discard opens up a world of creativity in the kitchen. Whether you're preparing fluffy breakfasts, hearty main dishes, fermented sides, crunchy snacks, or irresistible desserts, sourdough discard proves to be a versatile and valuable ingredient. In this recipe collection, we've explored how to make the most of it, reducing waste while transforming it into delicious gluten-free creations. Remember, discard is not just a byproduct—it's an opportunity to enhance your dishes with complex flavors and a subtle tang. You now have practical tips for storing and incorporating sourdough discard into any recipe, giving you the freedom to experiment even beyond the recipes in this book. The key is not being afraid to try new things, to play with ingredients, and to discover new possibilities. Every time you use sourdough discard, you're not only improving your culinary skills but also embracing a more sustainable lifestyle. I hope this bonus recipe book has inspired you and encourages you to continue your journey with sourdough and gluten-free baking.

Enjoy your time in the kitchen, and most importantly, enjoy every bite!
Diane Romano