

# Converting recipes to using Natural Yeast

## Cinnamon Applesauce Wheat Muffins w/ Natural Yeast

Mix together and let sit at least 6 hours:

1 cup active Natural Yeast Starter  
1/2 cup granulated sugar  
1/2 cup milk - *2/3 C milk butter*  
1/3 cup oil  
1 1/2 cups whole grain flour

Then add:

1/2 cup applesauce  
1 large egg  
1 tsp. soda  
1 tsp. cinnamon  
1/2 tsp. salt  
1/2 tsp. vanilla extract

Stir together until thoroughly combined.

Line muffins tins with foil liners, or grease tins. Fill liners 3/4 full. Bake in 375 degree oven for 18-20 minutes. Makes about 12-15 muffins.

## Cinnamon Applesauce Wheat Muffins (Original Recipe)

Sift together:

2 cups whole grain flour  
1/2 cup sugar (granulated or brown)  
1 Tbl. baking powder  
1 tsp. cinnamon  
1/2 tsp. salt

Whisk together:

3/4 cup milk  
1/3 cup oil  
1/2 cup applesauce  
1 large egg

Sift dry ingredients into a mixing bowl.  
Whisk wet ingredients together to combine.  
Pour wet ingredients into flour mixture and stir just until combined.

Line muffin tins with paper liners, or grease tins. Fill about 2/3 full (1/4 cup batter).  
Bake at 400 degrees for 16-18 minutes.

Remove muffins from pans and cool on rack. Makes 12-15 muffins.

# Banana Bread w/ Natural Yeast - sg 2014

## Ingredients:

1 cup fresh natural yeast starter  
1/2 cup cooking oil  
1 cup sugar  
up to 1/4 cup water (if needed)  
1 1/2 - 2 cups whole wheat flour

1 egg  
2 bananas, mashed  
1/3 cup applesauce  
1 teaspoon vanilla extract  
1 teaspoon salt  
1/2 teaspoon baking soda

## Directions:

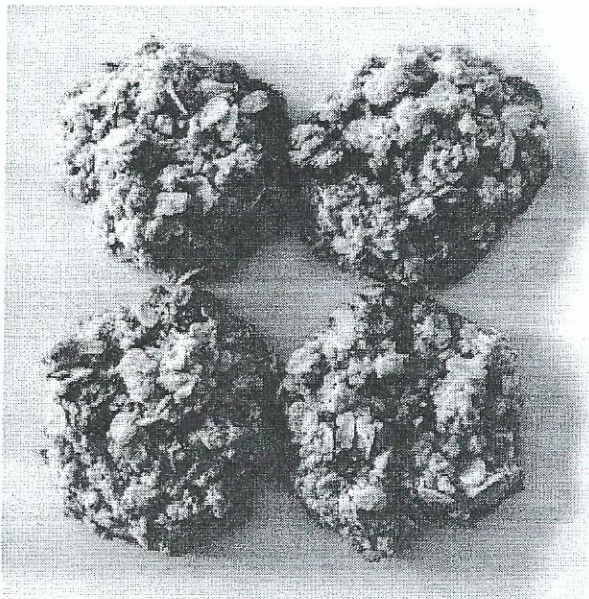
1. Combine starter, oil, sugar and whole wheat flour. Mix until well incorporated. Cover and let sit 6 hours or more.
2. Add egg, mashed bananas, applesauce, vanilla, salt and soda. Stir until well combined. Add a little milk if mixture is too thick.
3. Pour into two greased 1 lb. loaf pans.
4. Bake at 350 degrees for 50-55 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool completely prior to slicing.

*Note: Depending on the hydration level of your sourdough starter, a little more or less flour may be needed to achieve the right consistency in your banana bread batter.*



Ok, the long-awaited recipe has arrived. I'll admit, it's still in the perfecting stages, but the batch I made today was yummy and better yet- healthier than the traditional cookie. 03-23-13

## Oatmeal Cookies: Vegan and Grain Friendly – thebreakgeek.com



### Soak:

- 1 cup starter
- 1 1/5 cup oatmeal
- 2 T ground flax seed

Mix these together and set to soak (on the counter or in the fridge) for 12 hours or until the oats and flax have absorbed most of the moisture of the starter.

Crumble up the soak mixture into very small bits.

In a small bowl, cream:

- 2 T coconut oil
- 1/4 cup honey
- 1 tsp vanilla

Add to the cream mixture:

- 1/4 tsp salt
- 1/2 tsp baking soda
- 1/2 tsp baking powder

Preheat the oven to 350 degrees.

Mix the cream mixture into the oatmeal mixture.

Add chocolate chips to taste (about 1/3 cup or more)

Form into balls and place on **pre-greased** cookie sheet. Bake for 10 minutes or until cookies look firm and slightly brown around the edges.

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