



SOURDOUGH DISCARD RECIPES COOKBOOK:

*108 Easy, Full-Color, Zero-Waste
& All-Natural Recipes for Busy
Moms — Nutritious,*

**ILLUSTRATED
FAVORITES FOR
BREAD, BREAKFAST,
SWEETS, PASTA &
MORE TO REDUCE
WASTE AND SAVE**

Marina Bliss



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Readers should consult a qualified healthcare or dietary professional before changing their health routines.

Publisher's Note

This cookbook was created to focus on simplicity, sustainability, and zero-waste cooking. While the recipes aim to use wholesome and natural ingredients, individual dietary needs, allergies, or preferences may vary. Please use discretion and adapt recipes to suit your requirements.



Introduction

Welcome to your zero-waste baking journey.

Whether you're passionate about reducing kitchen waste, craving wholesome homemade meals, or simply seeking easy ways to nourish your family, this cookbook guides you every step. Inside, you'll discover more than just recipes—a mindful, practical approach to baking transforms what's often discarded into something delightful. Sourdough discard isn't waste—it's potential. It's the secret ingredient for creating flavorful, nutrient-rich recipes beyond bread. From golden breakfast bakes to irresistible desserts and even fresh pasta, every page in this book shows you how to turn leftovers into something extraordinary.

There is no need for complicated techniques, expensive equipment, or endless prep time. These recipes are designed for real life: busy schedules, family meals, and kitchens where nothing goes to waste. What makes this book different?

- ✓ 108 easy-to-follow recipes made with wholesome, natural ingredients
- ✓ Zero-waste approach to help you make the most of every discard
- ✓ Full-color inspiration to guide your creativity in the kitchen
- ✓ Kid-approved meals that even the pickiest eaters will enjoy
- ✓ Helpful tips & variations for flexibility and confidence in baking

This isn't just a recipe book—it's a movement toward sustainability, nourishment, and joyful cooking. Let's reduce waste, bake smarter, and turn every discard into something delicious together.

With gratitude,

Marina Bliss



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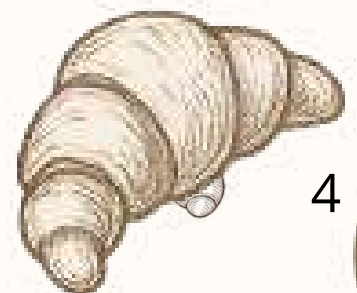
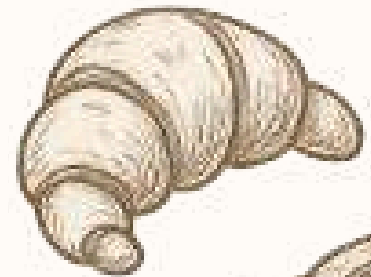
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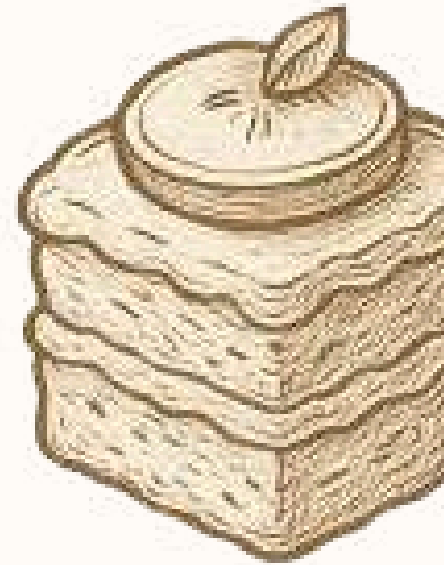
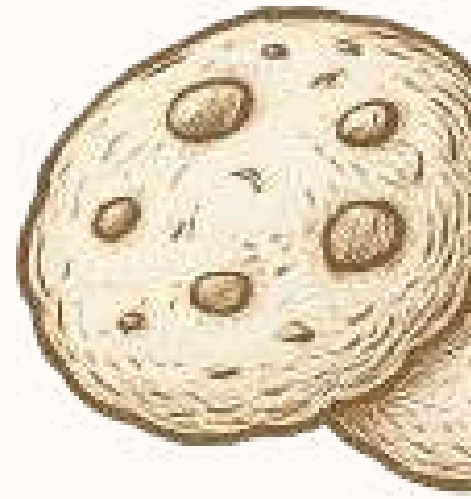
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Introduction

1. What is Sourdough Discard?

Sourdough discard is the portion of your sourdough starter you remove before feeding it. Although often thrown away, it's still full of flavor, nutrients, and active culture. Instead of wasting it, you can turn it into pancakes, crackers, bread, and even desserts. This book is about making that transformation easy, fun, and magical.

2. Why Zero-Waste Baking is Delicious, Smart, and Sustainable

Throwing away perfectly usable discard every time you feed your starter isn't just wasteful—it's a missed opportunity. By using it:

- You save money on ingredients
- You reduce food waste, helping the planet
- You add a deep, tangy flavor to your recipes
- You keep your baking nutritious and natural, thanks to wild fermentation

Zero-waste baking is a practical and empowering lifestyle choice, not a trend.

3. How to Store, Revive, and Freeze Your Discard

Sourdough discard can be stored in the fridge for up to 7–10 days. Here's how:

- Short-Term: Store it in a sealed jar or container in the fridge.
- Long-Term: Freeze discard in portions using silicone molds or small containers. Thaw before using.
- To Revive: Mix refrigerated discard well before use. If it has liquid on top (“hooch”), stir it back in or discard the liquid.

💡 Tip: Always label the date so you know when to use it by.

4. Must-Have Tools for Stress-Free Baking

You don't need fancy equipment—just a few essentials:

- Mixing bowls (preferably glass or stainless steel)
- Measuring cups and spoons
- A digital kitchen scale
- A rubber spatula
- Parchment paper and baking trays
- A non-stick skillet or waffle maker (for breakfast recipes)
- Airtight containers or jars for storing and discarding

Optional but helpful: sourdough starter jars, silicone muffin molds, and a bench scraper.

5. 7 Common Mistakes to Avoid

Avoid these, and your baking will go smoothly:

1. Using old or moldy discarding – Always check freshness before baking.
2. Do not stir; discard before measuring. Separation is natural. Mix it first.
3. Using too much discard in delicate recipes – Follow tested proportions.
4. Skipping baking powder/soda when discard isn't bubbly – Discard alone won't always rise.
5. Assuming discard is flavorless – It can be tangy, so balance sweetness or salt.
6. Using discard that's too acidic – If it smells like nail polish remover, toss it.
7. Overthinking it – Relax! Sourdough discard is forgiving and flexible.

📌 Final Note

This book was designed to help you fall in love with sourdough baking—even if you're short on time or energy. Whether you're feeding picky kids, trying to reduce waste, or just looking for everyday magic in your kitchen, you're in the right place.



Chapter 1: Breakfast & Brunch

1. Banana Muffins



Prep: 10 mins



Cook: 20 mins



Servings:
6 muffins

Ingredients

- 1 cup sourdough discard
- 2 ripe bananas, mashed
- 1/4 cup melted butter or coconut oil
- 1/3 cup brown sugar or maple syrup
- 1 tsp vanilla extract
- 1 egg
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp salt

Storage Tip

Store in an airtight container at room temperature for up to 3 days, or freeze for up to 1 month.

Sourdough Tip

Using discard adds moisture and a slight tang that enhances the banana flavor.

Make It Your Own

Add chocolate chips or chopped walnuts for extra texture and taste.

Calories: 180 kcal per muffin

Instructions

1. Preheat oven to 350°F (175°C) and line a muffin tray with liners.
2. Mix mashed bananas, butter, sugar, egg, and vanilla in a large bowl.
3. Add sourdough discard and mix until smooth.
4. Whisk together flour, baking powder, soda, cinnamon, and salt in a separate bowl.
5. Gradually add dry ingredients to the wet mixture and stir until combined.
6. Spoon batter into muffin cups and bake for 18–22 minutes, or until a toothpick comes out clean.
7. Cool on a wire rack before serving.



2. Carrot Waffles



Prep: 10 mins



Cook: 15 mins



Servings: 4
waffles

Ingredients

- 3/4 cup sourdough discard
- 1 cup grated carrots
- 1 egg
- 1/2 cup milk (or plant-based milk)
- 2 tbsp melted butter or oil
- 1 cup whole wheat flour
- 1 tsp baking powder
- 1/2 tsp cinnamon
- Pinch of salt

Instructions

1. Preheat the waffle iron and lightly grease it.
2. In a mixing bowl, whisk together egg, milk, butter, and sourdough discard.
3. Add carrots and stir to combine.
4. Mix flour, baking powder, cinnamon, and salt separately.
5. Combine wet and dry ingredients to form a batter.
6. Cook in a waffle iron until golden brown and crispy.
7. Serve warm with yogurt, syrup, or fresh fruit.

Storage Tip

Refrigerate leftovers and reheat in a toaster for 2–3 minutes.

Sourdough Tip

Discarding gives the waffles a fluffy inside and crisp edges.

Make It Your Own

Add raisins or crushed pineapple for a carrot cake twist.

Calories: 220 kcal per waffle



3. Vanilla Pancakes



Prep: 8 mins



Cook: 10 mins



Servings: 4
pancakes

Ingredients

- 1/2 cup sourdough discard
- 1 egg
- 3/4 cup milk
- 1 tbsp melted butter
- 1 tsp vanilla extract
- 1 cup all-purpose flour
- 1 tbsp sugar
- 1 tsp baking powder
- 1/4 tsp salt

Storage Tip

Store in the fridge for up to 2 days; reheat in a toaster or pan.

Sourdough Tip

Discard makes the pancakes more tender and flavorful.

Make It Your Own

Add blueberries or a sprinkle of cinnamon for extra flavor.

Calories: 160 kcal per pancake

Instructions

1. Whisk together egg, milk, melted butter, and vanilla extract.
2. Stir in sourdough discard.
3. Mix flour, sugar, baking powder, and salt in another bowl.
4. Combine dry ingredients with the wet mixture to form batter.
5. Cook pancakes on a greased skillet over medium heat until golden.
6. Serve with maple syrup or fresh fruit.



4. Chocolate Crepes



Prep: 10 mins



Cook: 15 mins



Servings: 6 crepes

Ingredients

- 1/2 cup sourdough discard
- 1 cup milk
- 2 eggs
- 1/4 cup cocoa powder
- 1/2 cup flour
- 1 tbsp sugar
- 1 tsp vanilla extract
- Pinch of salt

Storage Tip

Crepes can be stored stacked with parchment in the fridge for 3 days.

Sourdough Tip

The discard adds depth to the chocolate flavor.

Make It Your Own

Add orange zest or chili powder for a unique twist.

Calories: 150 kcal per crepe

Instructions

1. Blend all ingredients until smooth. Let rest for 10 minutes.
2. Heat a lightly oiled nonstick pan over medium heat.
3. Pour in batter to coat the pan thinly and evenly.
4. Cook for 1-2 minutes per side or until set.
5. Fill with fruit, yogurt, or chocolate spread and roll or fold.



5. Breakfast Burritos



Prep: 10 mins



Cook: 15 mins



Servings: 2 burritos

Ingredients

- 1/2 cup sourdough discard
- 2 eggs
- 1/4 cup shredded cheese
- 1/2 avocado, sliced
- 1/4 cup cooked beans or sausage
- 2 large tortillas
- Salt and pepper to taste
- Hot sauce (optional)

Storage Tip

Wrap in foil and refrigerate for up to 2 days. Reheat before eating.

Sourdough Tip

Discard in the tortilla base adds a light tang and helps bind.

Make It Your Own

Use spinach, mushrooms, or salsa for added flavor.

Calories: 380 kcal per burrito

Instructions

- 1.Scramble eggs with salt and pepper in a pan.
- 2.Warm tortillas and spread sourdough discard over each.
- 3.Layer with scrambled eggs, cheese, avocado, and beans/sausage.
- 4.Add hot sauce if desired, then roll into burritos.
- 5.Serve warm or wrap for an on-the-go breakfast.



6. Savory Scrambled Eggs with Crispy Flatbread



Prep: 5 mins



Cook: 10 mins



Servings: 2 servings

Ingredients

- 1/2 cup sourdough discard
- 2 large eggs
- 2 tbsp milk
- Salt and pepper to taste
- 1/4 tsp turmeric (optional)
- 1 tbsp olive oil
- Fresh herbs (chives, parsley)
- 1 tbsp grated cheese (optional)

Storage Tip

Best enjoyed fresh, but flatbread can be stored for 2 days.

Sourdough Tip

Crispy discarded flatbread adds texture and subtle sour flavor.

Make It Your Own

Add sautéed spinach or mushrooms for extra nutrition.

Calories: 240 kcal per serving

Instructions

- 1.Heat oil in a skillet over medium heat.
- 2.Whisk eggs with milk, salt, pepper, and turmeric.
- 3.Pour into skillet and gently stir until just set.
- 4.To make flatbread, spread sourdough thinly on a hot non-stick pan. Cook until crispy on both sides.
- 5.Serve eggs on top of flatbread. Garnish with herbs and cheese.



7. Tomato Bruschetta



Prep: 10 mins



Cook: 10 mins



Servings: 6 pieces

Ingredients

- 1/2 cup sourdough discard
- 1 cup chopped cherry tomatoes
- 2 tbsp olive oil
- 1 garlic clove, minced
- Salt and pepper to taste
- Fresh basil leaves, chopped
- 1/4 tsp balsamic vinegar
- Grated parmesan (optional)

Instructions

- 1.Heat a pan and spoon sourdough discard in rounds. Cook until golden on both sides.
- 2.Mix tomatoes, olive oil, garlic, salt, pepper, and basil in a bowl.
- 3.Top each crisped discard round with tomato mixture.
- 4.Drizzle with balsamic and sprinkle with parmesan if using.
- 5.Serve immediately as a warm appetizer or snack.

Storage Tip

Best enjoyed fresh. Can refrigerate and reheat if needed.

Sourdough Tip

Discard the base, add flavor, and keep the toast from getting soggy.

Make It Your Own

Try BBQ sauce and chicken or a veggie version.

Calories: 120 kcal per toast



8. Cheesy Scramble with Toasted Discard



Prep: 5 mins



Cook: 10 mins



Servings: 2 servings

Ingredients

- 2 eggs
- 2 tbsp milk
- 1/4 cup shredded cheese
- 1/2 cup sourdough discard
- Salt and pepper to taste
- 1 tbsp butter or oil
- Chopped herbs (optional)

Storage Tip

Refrigerate leftovers and reheat gently before serving.

Sourdough Tip

The discarded base creates a satisfying, crunchy layer under the soft eggs.

Make It Your Own

Use goat cheese, add jalapeños, or sprinkle paprika for a twist.

Calories: 260 kcal per serving

Instructions

1. Heat a skillet and pour sourdough discard into a round shape. Cook until firm and browned.
2. Whisk eggs, milk, salt, and pepper in a bowl.
3. Scramble eggs in a pan with butter until nearly done.
4. Add cheese and let it melt into the eggs.
5. Serve scrambled eggs over the toasted discard base. Top with herbs.



9. Lemon Scones



Prep: 10 mins



Cook: 20 mins



Servings: 8 scones

Ingredients

- 1 cup sourdough discard
- 2 cups all-purpose flour
- 1/4 cup sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup cold butter, cubed
- 1/4 cup milk
- Zest of 1 lemon
- 1 tbsp lemon juice
- 1 egg (for brushing, optional)

Instructions

1. Preheat oven to 375°F (190°C).
2. Combine flour, sugar, baking powder, and salt in a large bowl.
3. Cut in butter using fingers or a pastry cutter until crumbly.
4. Stir in lemon zest, lemon juice, and sourdough discard.
5. Add milk and mix until dough forms. Do not overmix.
6. Shape into a round disc and cut into eight wedges.
7. Place on baking sheet and brush with egg if desired.
8. Bake for 18–22 minutes or until golden brown.

Storage Tip

Store in an airtight container for up to 3 days or freeze up to 1 month.

Sourdough Tip

Discard brings a light tang that pairs perfectly with citrus.

Make It Your Own

Add blueberries or drizzle with lemon glaze after baking.

Calories: 190 kcal per scone



10. Pumpkin Rolls



Prep: 15 mins



Cook: 20 mins



Servings: 6 rolls

Ingredients

- 3/4 cup sourdough discard
- 1/2 cup pumpkin puree
- 1 egg
- 2 tbsp oil or melted butter
- 1/4 cup brown sugar
- 1 tsp cinnamon
- 1 1/2 cups flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- Pinch of salt

Storage Tip

Keep in the fridge for 3 days or freeze individually.

Sourdough Tip

Adds fluffiness and rich flavor to the spiced pumpkin.

Make It Your Own

Top with cream cheese glaze or add chopped pecans.

Calories: 210 kcal per roll

Instructions

- 1.Preheat oven to 350°F (175°C) and grease a muffin tin.
- 2.Mix discard, pumpkin, egg, oil, sugar, and cinnamon.
- 3.Whisk flour, baking powder, soda, and salt separately.
- 4.Combine dry and wet ingredients until just mixed.
- 5.Spoon into muffin cups and bake for 18–22 minutes.
- 6.Cool before serving or glazing.



II. Apple Quiche



Prep: 15 mins



Cook: 30 mins



Servings: 6 slices

Ingredients

- 1/2 cup sourdough discard
- 2 eggs
- 1/2 cup milk or cream
- 1 apple, peeled and sliced
- 1/2 cup shredded cheese (cheddar or Swiss)
- Salt and pepper to taste
- 1/2 tsp thyme or cinnamon (depending on savory or sweet)
- Olive oil or butter for greasing

Storage Tip

Refrigerate leftovers for up to 3 days, and reheat before serving.

Sourdough Tip

Discard enhances the custard's richness and structure.

Make It Your Own

Make it savory with onions and herbs, or sweet with nutmeg.

Calories: 250 kcal per slice

Instructions

- 1.Preheat oven to 375°F (190°C). Grease a pie dish.
- 2.Layer apple slices at the bottom of the dish.
- 3.Mix eggs, milk, cheese, and seasoning in a bowl.
- 4.Pour the mixture over the apples.
- 5.Bake for 25–30 minutes until golden and set.
- 6.Cool slightly before slicing and serving.



12. Pizza Toast



Prep: 5 mins



Cook: 10 mins



Servings: 4 toasts

Ingredients

- 1/2 cup sourdough discard
- 4 slices of bread (or discard flatbread)
- 1/2 cup tomato sauce
- 1/2 cup shredded mozzarella
- Toppings: pepperoni, olives, bell peppers (optional)
- 1/2 tsp dried oregano or basil

Storage Tip

Best enjoyed fresh. Can refrigerate and reheat if needed.

Sourdough Tip

Discard the base, add flavor, and keep the toast from getting soggy.

Make It Your Own

Try BBQ sauce and chicken or a veggie version.

Calories: 200 kcal per toast

Instructions

1. Preheat oven to 400°F (200°C).
2. Spread the discard on each slice of bread as a base.
3. Top with tomato sauce, cheese, and desired toppings.
4. Sprinkle with herbs and bake for 8–10 minutes.
5. Serve hot as a quick and kid-friendly snack.



13. Cinnamon Bread



Prep: 15 mins



Cook: 25 mins



Servings: 1
loaf (8 slices)

Ingredients

- 1 cup sourdough discard
- 1 1/2 cups flour
- 1/3 cup sugar
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/2 cup milk
- 1 egg
- 1/4 cup oil or melted butter
- 1 tsp vanilla extract

Storage Tip

Wrap tightly and store at room temperature for 3 days.

Sourdough Tip

Gives the bread softness and a deeper flavor.

Make It Your Own

Add raisins or swirl with cinnamon-butter mix inside.

Calories: 220 kcal per slice

Instructions

1. Preheat oven to 350°F (175°C). Grease a loaf pan.
2. Whisk together wet ingredients, including discard.
3. In another bowl, mix dry ingredients.
4. Combine wet and dry until smooth.
5. Pour into the pan and sprinkle extra cinnamon sugar on top.
6. Bake for 25–30 minutes. Cool before slicing.



14. Crispy Bread Circles



Prep: 5 mins



Cook: 10 mins



Servings: 12 pieces

Ingredients

- 1 cup sourdough discard
- 1 tbsp olive oil
- 1/2 tsp salt
- Optional: garlic powder, herbs, or sesame seeds

Instructions

1. Preheat a non-stick skillet or griddle over medium heat.
2. Drop spoonfuls of discard into the pan and spread into circles.
3. Drizzle or brush with oil and season.
4. Cook 2–3 minutes per side until crisp and golden.
5. Serve as a snack or side for soup and dips.

Storage Tip

Store in an airtight container for 2 days; re-crisp in the oven.

Sourdough Tip

Great use for older discards that's slightly tangy.

Make It Your Own

Add grated cheese or top with za'atar for flavor.

Calories: 90 kcal per piece



Chapter 2: Snacks & Light Bites

15. Garlic Herb Crackers



Prep: 10 mins



Cook: 15 mins



Servings: 30 crackers

Ingredients

- 1 cup sourdough discard
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme or rosemary
- 1/4 tsp salt
- 1/2 cup whole wheat flour (or as needed)

Instructions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment.
2. Mix discard, oil, garlic powder, herbs, and salt.
3. Add flour gradually until a soft dough forms.
4. Roll out thinly and cut into cracker shapes.
5. Bake for 12–15 minutes until golden and crisp.

Storage Tip

Store in an airtight container for up to 1 week.

Sourdough Tip

Discard gives the crackers a deep, tangy background flavor.

Make It Your Own

Sprinkle with sesame seeds or chili flakes before baking.

Calories: 35 kcal per cracker



16. Sourdough Breadsticks



Prep: 15 mins



Cook: 15 mins



Servings: 12 breadsticks

Ingredients

- 1 cup sourdough discard
- 1 cup flour
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp dried oregano or Italian seasoning
- Water as needed to adjust dough consistency

Storage Tip

Store in a dry container up to 4 days.

Sourdough Tip

Tangy discard adds a rustic flavor and chewy texture.

Make It Your Own

Top with shredded cheese or garlic butter before baking.

Calories: 95 kcal per breadstick

Instructions

- 1.Preheat oven to 375°F (190°C).
- 2.Combine the discard, flour, oil, salt, and herbs in a bowl.
- 3.Knead until soft dough forms. Add water if needed.
- 4.Roll into thin sticks and place on a baking sheet.
- 5.Bake for 12–15 minutes until lightly browned and crisp.



17. Cheese Puffs



Prep: 10 mins



Cook: 15 mins



Servings: 16 puffs

Ingredients

- 1/2 cup sourdough discard
- 1 egg
- 1/2 cup shredded cheese (cheddar or mozzarella)
- 1/4 cup flour
- 1/4 tsp baking powder
- 1/4 tsp salt
- Pinch of paprika (optional)

Instructions

1. Preheat oven to 375°F (190°C). Grease or line a mini muffin pan.
2. Mix all ingredients in a bowl until well combined.
3. Spoon into muffin cups and bake for 12–15 minutes.
4. Cool slightly before serving.

Storage Tip

Refrigerate in an airtight container for up to 3 days.

Sourdough Tip

Discard makes puffs tender with a rich cheesy taste.

Make It Your Own

Add herbs or diced jalapeños for extra flavor.

Calories: 80 kcal per puff



18. Herb Flatbreads



Prep: 10 mins



Cook: 10 mins



Servings: 6 flatbreads

Ingredients

- 1 cup sourdough discard
- 1/2 cup flour
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp dried rosemary or thyme
- Water as needed

Storage Tip

Wrap and refrigerate for 3 days or freeze up to 1 month.

Sourdough Tip

Discard gives flatbreads a tender texture and mild tang.

Make It Your Own

Add garlic powder or brush with herb butter after cooking.

Calories: 140 kcal per flatbread

Instructions

1. Mix all ingredients in a bowl to form a soft dough.
2. Divide into six portions and roll each into a flat circle.
3. Cook on a hot skillet for 2–3 minutes per side until golden.
4. Serve warm or cool and store.



19. Mini Crostini



Prep: 5 mins



Cook: 10 mins



Servings: 20 pieces

Ingredients

- 1 cup sourdough discard
- 1 tbsp olive oil
- Pinch of salt
- Optional toppings: tomato, cheese, basil, tapenade

Instructions

1. Preheat oven to 400°F (200°C).
2. Drop spoonfuls of discard onto parchment and spread into rounds.
3. Drizzle with oil and sprinkle with salt.
4. Bake for 8–10 minutes until golden and crisp.
5. Top with your favorite toppings and serve.

Storage Tip

Keep crostini base in a sealed container for 2 days.

Sourdough Tip

Discard forms the perfect mini base — light, crisp, and flavorful.

Make It Your Own

Make sweet versions with honey and cream cheese.

Calories: 45 kcal per piece



20. Crunchy Croutons



Prep: 5 mins



Cook: 12 mins



Servings: 4 servings

Ingredients

- 1 cup cubed sourdough discard bread or baked discard rounds
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp dried parsley
- Salt to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Toss bread cubes with oil and seasoning in a bowl.
3. Spread on a baking tray for 10–12 minutes.
4. Let cool and use in salads or soups.

Storage Tip

Store in an airtight container for up to 1 week.

Sourdough Tip

Perfect use for slightly stale discarded bread – it crisps beautifully.

Make It Your Own

Add grated parmesan or paprika for extra flavor.

Calories: 100 kcal per serving



21. Potato Puffs



Prep: 10 mins



Cook: 20 mins



Servings: 12 puffs

Ingredients

- 1/2 cup sourdough discard
- 1 cup mashed potatoes
- 1/4 cup grated cheese
- 1 egg
- 1/4 cup flour
- 1/2 tsp salt
- Pinch of black pepper

Storage Tip

Refrigerate in a sealed container for up to 3 days.

Sourdough Tip

The discard binds and adds depth to the mild potato base.

Make It Your Own

Add chopped herbs or bacon bits for extra flavor.

Calories: 95 kcal per puff

Instructions

1. Preheat oven to 375°F (190°C). Grease a muffin tin.
2. Mix all ingredients in a bowl until well combined.
3. Spoon mixture into muffin cups.
4. Bake for 18–20 minutes or until golden brown on top.
5. Let cool slightly before serving.



22. Parmesan Muffin Bites



Prep: 10 mins



Cook: 15 mins



Servings: 10 mini
muffins

Ingredients

- 1/2 cup sourdough discard
- 1/3 cup grated Parmesan cheese
- 1 egg
- 1/4 cup milk
- 1/2 cup flour
- 1/2 tsp baking powder
- 1/4 tsp black pepper

Instructions

1. Preheat oven to 375°F (190°C). Line a mini muffin pan.
2. Whisk egg and milk in a bowl, then stir in discard.
3. Add cheese, flour, baking powder, and pepper.
4. Spoon batter into muffin cups and bake for 12–15 minutes.
5. Let cool and serve as savory snacks.

Storage Tip

Keep refrigerated for 3–4 days—Reheat briefly in oven or microwave.

Sourdough Tip

Adds soft texture and balances the sharpness of parmesan.

Make It Your Own

Try asiago, cheddar, or herbs like thyme or chives.

Calories: 85 kcal per muffin



23. Discard Nachos



Prep: 5 mins



Cook: 10 mins



Servings: 4 servings

Ingredients

- 1 cup sourdough discard
- 1/4 tsp salt
- 1 tbsp olive oil
- Toppings: shredded cheese, jalapeños, salsa, sour cream

Instructions

1. Preheat oven to 400°F (200°C).
2. Spoon discard onto parchment in chip-like shapes.
3. Brush with oil and sprinkle with salt.
4. Bake for 8–10 minutes until crisp and lightly browned.
5. Top with nacho fixings and serve immediately.

Storage Tip

Best fresh. Chips can be stored plain for 2 days in an airtight container.

Sourdough Tip

Tangy base makes these chips extra savory and unique.

Make It Your Own

Add taco seasoning to the discard or drizzle with queso.

Calories: 190 kcal per serving



24. Carrot Cheese Chips



Prep: 5 mins



Cook: 15 mins



Servings: 4 servings

Ingredients

- 1 cup grated carrot
- 1/2 cup shredded cheddar cheese
- 1/4 tsp garlic powder
- 1/4 tsp salt

Toppings: Optional: fresh herbs, ranch dip

Instructions

1. Preheat oven to 375°F (190°C).
2. Mix grated carrot, cheese, and seasonings.
3. Spoon onto parchment in small rounds.
4. Flatten slightly and bake for 12–15 minutes until crisp.
5. Cool slightly and serve with dip or herbs.

Storage Tip

Store in an airtight container for up to 2 days.

Veggie Tip

Carrot adds a sweet crunch to balance the savory cheese.

Make It Your Own

Try adding chopped green onions or smoked paprika.

Calories: 180 kcal per serving



25. Seasoned Popcorn



Prep: 5 mins



Cook: 5 mins



Servings: 4 servings

Ingredients

- 1/3 cup popcorn kernels
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp salt

Toppings: Optional: grated parmesan, chili flakes

Storage Tip

Best fresh, but can be stored in a sealed bag for 1 day.

Flavor Tip

Season while warm for the best flavor adhesion.

Make It Your Own

Add nutritional yeast for a cheesy twist.

Calories: 120 kcal per serving

Instructions

1. Pop kernels in oil using a pot or air popper.
2. Transfer to bowl and sprinkle with spices.
3. Toss well and serve warm.



26. Veggie Muffins



Prep: 10 mins



Cook: 20 mins



Servings: 6 muffins

Ingredients

- 1 cup grated zucchini
- 1/2 cup shredded carrot
- 1/2 cup flour
- 1 egg
- 1/4 tsp baking soda
- 1/4 tsp salt

Toppings: Optional: sprinkle with cheese before baking

Storage Tip

Store in the fridge for up to 3 days.

Veggie Boost

Great way to use leftover veggies in a kid-friendly way.

Make It Your Own

Add herbs like dill or parsley for flavor.

Calories: 160 kcal per muffin

Instructions

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients until well combined.
3. Divide into a muffin tin.
4. Bake for 18–20 minutes until golden.
5. Cool before serving.



27. Onion Rings



Prep: 10 mins



Cook: 15 mins



Servings: 4 servings

Ingredients

- 1 large onion, sliced into rings
- 1/2 cup flour
- 1/2 cup milk
- 1/2 cup breadcrumbs
- 1/4 tsp salt

Toppings: Serve with ketchup or dipping sauce

Storage Tip

Best fresh; reheating may lose crispiness.

Crispy Tip

Double-dip in coating for extra crunch.

Make It Your Own

Try a spicy breadcrumb mix for a kick.

Calories: 220 kcal per serving

Instructions

1. Preheat oven to 400°F (200°C).
2. Dip onion rings in flour, then milk, and breadcrumbs.
3. Place on a baking sheet.
4. Bake for 12–15 minutes until golden.
5. Serve immediately.



28. Zucchini Fries



Prep: 10 mins



Cook: 15 mins



Servings: 4 servings

Ingredients

- 1 zucchini, sliced into sticks
- 1/4 cup flour
- 1 egg
- 1/3 cup breadcrumbs
- 1/4 tsp salt

Toppings: Optional: serve with marinara sauce

Storage Tip

Best fresh; store in fridge and reheat in oven.

Zucchini Trick

Pat the zucchini dry to reduce sogginess.

Make It Your Own

Add parmesan to breadcrumbs for extra flavor.

Calories: 140 kcal per serving

Instructions

1. Preheat oven to 400°F (200°C).
2. Dip zucchini in flour, egg, then breadcrumbs.
3. Place on parchment-lined tray.
4. Bake 15 minutes until crispy.
5. Serve hot with dipping sauce.



29. Tomato Focaccia



Prep: 15 mins



Cook: 25 mins



Servings: 6 servings

Ingredients

- 1 cup all-purpose flour
- 1/2 tsp yeast
- 1/2 cup warm water
- 1/4 tsp salt
- Sliced cherry tomatoes, rosemary, olive oil

Toppings: Optional: coarse salt, extra herbs

Storage Tip

Store covered at room temperature for 1 day.

Herb Tip

Use fresh rosemary for the best aroma.

Make It Your Own

Top with olives or caramelized onions.

Calories: 210 kcal per serving

Instructions

1. Mix flour, yeast, water, and salt to form dough.
2. Let rise for 1 hour.
3. Press dough into oiled pan.
4. Top with tomatoes and rosemary.
5. Bake at 400°F (200°C) for 25 minutes.



Chapter 3: Main Dishes

30. Four Cheese Pizza



Prep: 15 mins



Cook: 20 mins



Servings: 4 servings

Ingredients

- 1 cup sourdough discard
- 1 cup all-purpose flour
- 1/2 tsp salt
- 1 tbsp olive oil
- Water as needed (1–2 tbsp)
- 1/2 cup mozzarella cheese, shredded
- 1/2 cup cheddar cheese, shredded
- 1/4 cup parmesan cheese, grated
- 1/4 cup ricotta cheese
- 1/4 cup tomato sauce
- 1/2 tsp dried oregano

Storage Tip

Store leftovers in the fridge for up to 2 days. Reheat in oven or toaster.

Sourdough Tip

The discard base adds a flavorful, chewy crust that pairs perfectly with rich cheeses.

Make It Your Own

Add spinach, mushrooms, or red onion for extra toppings.

Calories: 320 kcal per serving

Instructions

1. Preheat oven to 450°F (230°C). Line a baking sheet with parchment paper.
2. Mix sourdough, flour, salt, and olive oil in a bowl.
3. Add water gradually and knead until a soft dough forms.
4. Roll out the dough and place it on a baking sheet.
5. Spread tomato sauce evenly on the dough.
6. Top with mozzarella, cheddar, parmesan, and small dollops of ricotta.
7. Sprinkle oregano over the top.
8. Bake for 15–20 minutes or until crust is golden and cheese is bubbly.
9. Slice and serve hot.



31. Basil Tomato Pizza



Prep: 15 mins



Cook: 18 mins



Servings: 4 servings

Ingredients

- 1 cup sourdough discard
- 1 cup all-purpose flour
- 1 tbsp olive oil
- 1/2 tsp salt
- 1–2 tbsp water as needed
- 1/3 cup tomato sauce
- 1/2 cup mozzarella cheese, shredded
- Fresh basil leaves
- 1 tomato, thinly sliced
- 1/4 tsp garlic powder
- 1/2 tsp dried oregano or Italian seasoning

Storage Tip

Store leftovers in the fridge for 2–3 days; reheat before serving.

Sourdough Tip

The discard makes the crust slightly tangy and crisp at the edges.

Make It Your Own

Try adding black olives, red onion, or arugula after baking.

Calories: 320 kcal per serving

Instructions

1. Preheat oven to 450°F (230°C). Prepare a baking sheet with parchment.
2. Mix the discard, flour, salt, olive oil, and water to form a soft dough.
3. Roll out and press onto the baking sheet.
4. Spread tomato sauce evenly over the dough.
5. Top with mozzarella, tomato slices, garlic powder, and oregano.
6. Bake for 15–18 minutes or until the crust is golden and the cheese is melted.
7. Add fresh basil after baking and serve warm.



32. Sourdough Lasagna



Prep: 25 mins



Cook: 45 mins



Servings: 1 hour 10 minutes

Ingredients

- 1 cup sourdough discard
- 2 cups flour (for lasagna sheets)
- 3/4 tsp salt
- 3 eggs (for pasta dough)
- 2 cups ricotta cheese
- 1 egg (for filling)
- 2 cups marinara sauce
- 1 cup shredded mozzarella
- 1/2 cup grated Parmesan
- 1 tsp Italian seasoning
- 1/2 lb ground beef or sautéed spinach (optional)

Instructions

1. Mix flour, eggs, discard, and salt into a firm dough to make lasagna sheets. Roll out and cut into sheets.
2. Boil sheets in salted water for 1–2 minutes. Drain and set aside.
3. Preheat oven to 375°F (190°C).
4. Mix ricotta with one egg and Italian seasoning in a bowl.
5. In a baking dish, spread a thin layer of marinara sauce.
6. Layer lasagna sheets, ricotta mix, meat or spinach (if using), and marinara.
7. Repeat layers and top with mozzarella and parmesan.
8. Cover with foil and bake for 30 minutes. Remove foil and bake 10–15 more minutes.
9. Let rest 10 minutes before slicing.

Storage Tip

Refrigerate for up to 3 days. Reheat in oven or microwave.

Sourdough Tip

Discard in the pasta adds elasticity and subtle tang to homemade sheets.

Make It Your Own

Use zucchini slices instead of pasta for a low-carb version.

Calories: 420 kcal per serving



33. Pesto Pasta



Prep: 10 mins



Cook: 15 mins



Servings: 4 servings

Ingredients

- 1/2 cup sourdough discard
- 8 oz pasta of choice (penne, fusilli, etc.)
- 1/2 cup basil pesto (store-bought or homemade)
- 1/4 cup grated Parmesan cheese
- 1/4 cup reserved pasta water
- 1 tbsp olive oil
- Salt and pepper to taste
- Optional: cherry tomatoes, pine nuts, or grilled chicken

Instructions

1. Cook pasta according to package directions. Reserve 1/4 cup of pasta water before draining.
2. In a bowl, mix pesto, parmesan, olive oil, and sourdough discard until smooth.
3. Add drained pasta and toss with pesto mixture. Add pasta water a little at a time until creamy.
4. Season with salt and pepper to taste.
5. Serve warm and garnish with optional toppings if desired.

Storage Tip

Store leftovers in the fridge for up to 2 days. Reheat gently with a splash of water.

Sourdough Tip

Discard enhances the pesto's richness and adds a light, tangy background.

Make It Your Own

Use spinach or arugula pesto, or add sun-dried tomatoes for added flavor.

Calories: 370 kcal per serving



34. Potato Gratin



Prep: 15 mins



Cook: 1 hour



Servings: 6 servings

Ingredients

- 1/2 cup sourdough discard
- 4 medium potatoes, thinly sliced
- 1 cup heavy cream or milk
- 1/2 cup shredded cheese (cheddar, gruyere, or parmesan)
- 2 garlic cloves, minced
- 1 tbsp butter
- Salt and pepper to taste
- Optional: thyme or rosemary for garnish

Storage Tip

Refrigerate leftovers for up to 3 days, and reheat them in an oven or microwave.

Sourdough Tip

Discard brings creaminess and subtle acidity that enhances richness.

Make It Your Own

Add thinly sliced onions or use a mix of sweet and regular potatoes.

Calories: 310 kcal per serving

Instructions

1. Preheat oven to 375°F (190°C). Grease a baking dish with butter.
2. Mix cream, sourdough discard, garlic, salt, and pepper in a bowl.
3. Layer half of the sliced potatoes in the dish. Pour half of the discarded mixture over them.
4. Repeat with the remaining potatoes and cream mixture.
5. Top with shredded cheese.
6. Cover with foil and bake for 30 minutes.
7. Remove foil and bake another 15 minutes until golden and bubbly.
8. Let rest 5–10 minutes before serving. Garnish if desired.



35. Creamy Soup with Discarded Croutons



Prep: 10 mins



Cook: 25 minutes



Servings: 4 servings

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups chopped vegetables (e.g., carrots, cauliflower, or squash)
- 3 cups vegetable or chicken broth
- 1/2 cup sourdough discard (for thickening)
- 1/2 cup cream or coconut milk
- Salt and pepper to taste
- For croutons: 1/2 cup sourdough discard, 1 tbsp oil, pinch of salt, and herbs

Storage Tip

Store soup in the fridge for up to 3 days. Reheat gently before serving.

Sourdough Tip

Discard adds body and a slight tang to the soup base. It also makes excellent crispy croutons.

Make It Your Own

Add curry powder, smoked paprika, or lemon zest for extra depth.

Calories: 280 kcal per serving

Instructions

- 1.Heat oil in a large pot and sauté onion and garlic until soft.
- 2.Add chopped vegetables and cook for 5 minutes.
- 3.Pour in broth and bring to a boil. Reduce heat and simmer until vegetables are tender.
- 4.Blend the soup until smooth using an immersion or regular blender.
- 5.Stir in sourdough discard and cream. Simmer for five more minutes. Season to taste.
- 6.Meanwhile, make croutons: spoon discard in small rounds on parchment, brush with oil, and sprinkle salt and herbs.
- 7.Bake croutons at 375°F (190°C) for 10–12 minutes until crisp.
- 8.Serve soup hot with discarded croutons on top.



36. Cheddar Quiche



Prep: 15 mins



Cook: 35 minutes



Servings: 6 slices

Ingredients

- 1/2 cup sourdough discard
- 3 large eggs
- 1/2 cup milk or cream
- 1 cup shredded cheddar cheese
- 1/4 cup chopped onion (optional)
- Salt and pepper to taste
- 1/2 tsp dried thyme or parsley
- Butter or oil for greasing the pie dish

Instructions

1. Preheat oven to 375°F (190°C). Grease a 9-inch pie dish.
2. Whisk eggs, milk, sourdough discard, salt, pepper, and herbs in a bowl.
3. Stir in cheddar cheese and onion if using.
4. Pour the mixture into the prepared pie dish.
5. Bake for 30–35 minutes until the center is set and the top is golden.
6. Let cool for 5–10 minutes before slicing and serving.

Storage Tip

Store leftovers in the fridge for up to 3 days—reheat before serving.

Sourdough Tip

Discard adds light tang and body to the custard, enhancing flavor.

Make It Your Own

Add chopped spinach, mushrooms, or bacon for variety.

Calories: 320 kcal per slice



37. Broccoli Pie



Prep: 15 mins



Cook: 35 minutes



Servings: 6 slices

Ingredients

- 1/2 cup sourdough discard
- 2 cups steamed broccoli florets, chopped
- 3 eggs
- 1/2 cup milk or cream
- 3/4 cup shredded cheese (cheddar, Swiss, or feta)
- 1/4 cup chopped onion or scallions
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp dried dill or parsley
- Butter or oil for greasing the pie dish

Instructions

1. Preheat oven to 375°F (190°C). Grease a 9-inch pie dish.
2. In a bowl, whisk together eggs, milk, sourdough discard, salt, pepper, and herbs.
3. Stir in chopped broccoli, cheese, and onion.
4. Pour into the pie dish and smooth the top.
5. Bake for 30–35 minutes until the center is firm and the top is golden.
6. Cool slightly before slicing. Serve warm or cold.

Storage Tip

Refrigerate leftovers up to 3 days. Great for meal prep and lunchboxes.

Sourdough Tip

Discard makes the filling more structured and adds a light savory note.

Make It Your Own

Use cauliflower, spinach, or a mix of veggies for variation.

Calories: 290 kcal per slice



38. Tomato Soup with Croutons



Prep: 10 mins



Cook: 25 minutes



Servings: 4 servings

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can (14 oz) crushed tomatoes
- 1 cup vegetable or chicken broth
- 1/2 cup milk or cream
- Salt and pepper to taste
- 1/2 tsp dried basil or Italian herbs
- 1/2 cup sourdough discard (for croutons)
- 1 tbsp olive oil (for croutons)
- 1/4 tsp garlic powder or herb blend

Instructions

1. Heat oil in a saucepan over medium heat. Sauté onion and garlic until fragrant.
2. Add crushed tomatoes, broth, herbs, salt, and pepper. Simmer for 15 minutes.
3. Use an immersion blender to blend the soup until smooth.
4. Stir in milk or cream and keep warm.
5. Preheat oven to 375°F (190°C).
6. Drop sourdough discard in small blobs onto parchment-lined tray.
7. Brush with olive oil and sprinkle with garlic powder or herbs.
8. Bake 8–10 minutes until golden and crisp.
9. Serve soup hot, topped with crispy discarded croutons.

Storage Tip

Refrigerate soup for 3 days—store croutons separately in an airtight container.

Sourdough Tip

Croutons made from the discarded bread are crisp, tangy, and add great texture.

Make It Your Own

Add a splash of balsamic vinegar or chili flakes for depth and heat.

Calories: 260 kcal per serving



39. Discard Gnocchi



Prep: 20 mins



Cook: 10 minutes



Servings: 4 servings

Ingredients

- 1 cup sourdough discard
- 1 cup mashed potatoes (cold)
- 1 cup all-purpose flour (plus more for dusting)
- 1/2 tsp salt
- 1/4 tsp nutmeg (optional)
- 1 tbsp olive oil or butter (for serving)
- Fresh herbs or grated parmesan (optional)

Instructions

1. Combine mashed potatoes, sourdough discard, flour, salt, and nutmeg in a bowl.
2. Mix and knead until a soft dough forms. Add more flour if it's too sticky.
3. Divide into four parts. Roll each into a rope about 1/2 inch thick.
4. Cut into 1-inch pieces and optionally press with a fork for texture.
5. Bring salted water to a boil. Boil gnocchi in batches until they float (2–3 minutes).
6. Remove with a slotted spoon and drain.
7. Serve with melted butter, olive oil, or your favorite sauce. Garnish as desired.

Storage Tip

Cooked gnocchi can be refrigerated for 2 days. Uncooked dough freezes well.

Sourdough Tip

Discard helps bind the dough and adds a hint of tangy depth.

Make It Your Own

Add spinach or use sweet potatoes for a colorful twist.

Calories: 320 kcal per serving



40. Stir-Fried Rice with Flatbread



Prep: 10 mins



Cook: 15 minutes



Servings: 4 servings

Ingredients

- 2 cups cooked rice (preferably day-old)
- 1/2 cup sourdough discard (for flatbread)
- 1/2 cup flour (for flatbread)
- 1 tbsp olive oil (for flatbread)
- 1 egg
- 1 cup mixed vegetables (e.g., peas, carrots, bell pepper)
- 2 tbsp soy sauce
- 1 tbsp sesame oil or vegetable oil (for stir-fry)
- 2 garlic cloves, minced
- 1/2 tsp grated ginger (optional)
- Salt and pepper to taste
- Green onions or sesame seeds for garnish

Storage Tip

Refrigerate rice and flatbread separately for up to 3 days.

Sourdough Tip

Discard flatbread is perfect for scooping — flavorful, flexible, and slightly tangy.

Make It Your Own

Add tofu, chicken, or pineapple chunks for your favorite fried rice style.

Calories: 350 kcal per serving

Instructions

1. Mix the flour, olive oil, and water into a soft dough to make flatbread. Divide and roll into rounds.
2. Cook on a hot skillet 2–3 minutes per side until golden. Set aside.
3. Heat sesame oil in a pan. Sauté garlic and ginger for 30 seconds.
4. Add mixed vegetables and cook until tender.
5. Push the vegetables to the side and scramble the egg in the pan.
6. Add rice, soy sauce, and stir everything together.
7. Serve stir-fried rice with warm flatbread and garnish with green onions or sesame seeds.



41. Mini Cheese Pies



Prep: 15 mins



Cook: 20 minutes



Servings: 8 mini pies

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 1/4 tsp salt
- 3 tbsp cold butter, cubed
- 2–3 tbsp cold water
- 3/4 cup shredded cheese (cheddar, mozzarella, or feta)
- 1 egg (for filling)
- 1 tbsp milk
- Optional: herbs, chopped spinach, or cooked onions

Storage Tip

Store refrigerated for 3 days—Reheat in a toaster oven or microwave.

Sourdough Tip

The discard gives the crust a flaky, slightly tangy flavor.

Make It Your Own

Use goat cheese and herbs, or add crumbled bacon or sun-dried tomatoes.

Calories: 210 kcal per pie

Instructions

1. Preheat oven to 375°F (190°C). Grease or line a muffin tin.
2. In a bowl, mix flour, salt, and butter. Cut in butter until crumbly.
3. Add sourdough discard and water to form a dough. Chill for 10 minutes.
4. Roll the dough and cut into circles to fit the muffin tin.
5. Mix egg, cheese, milk, and any optional add-ins in another bowl.
6. Spoon filling into dough cups. Bake for 18–20 minutes until golden and set.
7. Cool slightly before removing from the tin and serving.



42. Veggie Rolls



Prep: 20 mins



Cook: 20 minutes



Servings: 6 rolls

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 1/4 tsp salt
- 1 tbsp olive oil
- 1/4 cup water (as needed)
- 1 cup mixed grated vegetables (carrot, zucchini, cabbage)
- 1/2 cup shredded cheese
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1 egg (optional, for brushing)

Instructions

1. Preheat oven to 375°F (190°C) and line a baking tray.
2. In a bowl, mix flour, salt, olive oil, and enough water to form a soft dough.
3. Roll dough into a rectangle on a floured surface.
4. Mix grated veggies, cheese, pepper, and garlic powder separately.
5. Spread filling over the dough and roll tightly into a log.
6. Slice into six pieces and place on the baking tray. Brush tops with egg if using.
7. Bake for 18–20 minutes until golden brown. Cool slightly before serving.

Storage Tip

Keep in an airtight container in the fridge for up to 3 days.

Sourdough Tip

Discard enhances the dough's flavor and makes it easier to roll.

Make It Your Own

Try different fillings like spinach-feta or mushroom-onion.

Calories: 200 kcal per roll



43. Asian Noodles with Sauce



Prep: 10 mins



Cook: 15 minutes



Servings: 4 servings

Ingredients

- 8 oz noodles (rice noodles, soba, or spaghetti)
- 1/2 cup sourdough discard (for sauce)
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp rice vinegar or lemon juice
- 1 tbsp honey or maple syrup
- 1 garlic clove, minced
- 1 tsp grated ginger
- 1/4 tsp chili flakes (optional)
- 1 tbsp olive oil
- 1 cup mixed veggies (carrots, bell peppers, snap peas)
- Sesame seeds or chopped green onions for garnish

Storage Tip

Refrigerate leftovers for up to 2 days. Reheat in a pan with a splash of water.

Sourdough Tip

Discard thickens the sauce and adds a subtle tang that balances sweet and savory.

Make It Your Own

Add tofu, chicken, or crushed peanuts for protein.

Calories: 330 kcal per serving

Instructions

1. Cook noodles according to package directions. Drain and set aside.
2. In a small bowl, mix sourdough with soy sauce, sesame oil, vinegar, honey, garlic, ginger, and chili flakes.
3. Heat olive oil in a skillet or wok over medium heat.
4. Add veggies and stir-fry for 3–5 minutes until tender-crisp.
5. Add cooked noodles and pour sauce over everything.
6. Toss well to coat and cook for 2–3 minutes until heated.
7. Garnish with sesame seeds or green onions and serve warm.



44. Cauliflower Gratin



Prep: 15 mins



Cook: 30 minutes



Servings: 6 servings

Ingredients

- 1 medium head of cauliflower, cut into florets
- 1/2 cup sourdough discard
- 1 cup milk
- 1 tbsp butter
- 2 tbsp flour
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp nutmeg (optional)
- 1 cup shredded cheese (cheddar or gruyere)
- 1/4 cup grated Parmesan (for topping)
- Breadcrumbs (optional for topping)

Storage Tip

Store in the fridge for up to 3 days. Reheat in oven or microwave.

Sourdough Tip

Discard adds richness and a light tang that elevates the cheese sauce.

Make It Your Own

Mix in broccoli or mushrooms, or use blue cheese for a bold flavor.

Calories: 290 kcal per serving

Instructions

1. Preheat oven to 375°F (190°C). Lightly grease a baking dish.
2. Steam or boil cauliflower florets until just tender, about 5–7 minutes. Drain well.
3. Melt butter in a saucepan over medium heat. Stir in flour and cook for 1 minute.
4. Whisk in milk and sourdough discard, stirring until smooth and thickened.
5. Add salt, pepper, nutmeg, and shredded cheese. Stir until melted.
6. Spread cauliflower in a baking dish. Pour cheese sauce over the top.
7. Sprinkle with parmesan and breadcrumbs if using.
8. Bake for 20–25 minutes until bubbly and golden on top.
9. Let cool slightly before serving.



Chapter 4: Sweet Treats & Bakes

45. Chocolate Muffins



Prep: 10 mins



Cook: 20 minutes



Servings: 8 muffins

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 1/3 cup cocoa powder
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1/2 cup sugar
- 1/4 tsp salt
- 1/2 cup milk
- 1/4 cup vegetable oil or melted butter
- 1 egg
- 1 tsp vanilla extract
- 1/2 cup chocolate chips (optional)

Storage Tip

Store in an airtight container at room temperature for up to 3 days.

Sourdough Tip

The discard adds depth and keeps muffins moist longer.

Make It Your Own

Add a teaspoon of instant coffee or orange zest for a flavor twist.

Calories: 220 kcal per muffin

Instructions

1. Preheat oven to 350°F (175°C) and line a muffin tray with liners.
2. Whisk flour, cocoa, baking soda, baking powder, sugar, and salt in a large bowl.
3. Combine sourdough discard, milk, oil, egg, and vanilla in another bowl.
4. Mix wet and dry ingredients until just combined. Fold in chocolate chips if using.
5. Divide batter into muffin cups and bake for 18–22 minutes until a toothpick comes out clean.
6. Cool on a wire rack before serving.



46. Carrot Cake



Prep: 15 mins



Cook: 35 minutes



Servings: 8 slices

Ingredients

- 1/2 cup sourdough discard
- 1 cup grated carrots
- 1 cup all-purpose flour
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 cup brown sugar
- 2 eggs
- 1/4 cup vegetable oil
- 1/4 cup plain yogurt or applesauce
- 1/2 tsp vanilla extract
- 1/4 cup chopped walnuts or raisins (optional)

Storage Tip

Store covered at room temperature for 2 days or refrigerate up to 5 days.

Sourdough Tip

The discard boosts flavor and keeps the crumb moist and tender.

Make It Your Own

Add crushed pineapple for moisture or swap spices for pumpkin pie mix.

Calories: 290 kcal per slice

Instructions

1. Preheat oven to 350°F (175°C) and grease a 9-inch round cake pan.
2. In a bowl, whisk eggs, oil, yogurt, vanilla, and sourdough discard.
3. Mix flour, baking soda, baking powder, spices, and sugar in another bowl.
4. Stir wet ingredients into dry until just combined.
5. Fold in grated carrots and optional nuts or raisins.
6. Pour into the prepared pan and smooth the top.
7. Bake for 30–35 minutes or until a toothpick inserted comes out clean.
8. Cool completely before slicing. Optionally, top with cream cheese frosting.



47. Lemon Cheesecake



Prep: 20 mins



Cook: 45 minutes



Servings: 8 slices

Ingredients

- 1/2 cup sourdough discard
- 1 cup crushed graham crackers or digestive biscuits
- 3 tbsp melted butter
- 2 packages (16 oz) cream cheese, softened
- 1/2 cup sugar
- 2 eggs
- 1/4 cup sour cream or yogurt
- 1 tbsp lemon zest
- 2 tbsp lemon juice
- 1 tsp vanilla extract

Storage Tip

Keep refrigerated for up to 5 days. Freeze slices for up to 1 month.

Sourdough Tip

Discard lightens the filling and adds a subtle tang that enhances the lemon flavor.

Make It Your Own

Top with blueberry sauce, candied lemon peel, or whipped cream.

Calories: 320 kcal per slice

Instructions

1. Preheat oven to 325°F (160°C). Grease a 9-inch springform pan.
2. Mix graham cracker crumbs with melted butter and press into the pan base.
3. Bake crust for 10 minutes, then cool slightly.
4. In a large bowl, beat cream cheese and sugar until smooth.
5. Add eggs one at a time, then stir in sour cream, sourdough discard, lemon zest, juice, and vanilla.
6. Pour filling over the crust and smooth the top.
7. Bake for 40–45 minutes or until the center is nearly set. Let cool in the oven with the door ajar.
8. Chill for at least 4 hours or overnight before slicing.



48. Peanut Butter Cookies



Prep: 10 mins



Cook: 12 minutes



Servings: 16 cookies

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup creamy peanut butter
- 1/2 cup brown sugar
- 1/4 cup butter, softened
- 1 egg
- 1/2 tsp baking soda
- 1/2 tsp vanilla extract
- 1/4 tsp salt

Storage Tip

Store in an airtight container at room temperature for up to 5 days.

Sourdough Tip

Discard balances the sweetness and adds chewiness to the cookies.

Make It Your Own

Add chocolate chips and chopped peanuts, or dip in melted chocolate.

Calories: 150 kcal per cookie

Instructions

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment.
2. In a bowl, beat peanut butter, sugar, butter, egg, and vanilla together.
3. Stir in sourdough discard, baking soda, and salt until combined.
4. Drop tablespoon-sized scoops onto a baking sheet and flatten with a fork.
5. Bake for 10–12 minutes until edges are golden. Cool on a wire rack.



49. Raisin Cupcakes



Prep: 10 mins



Cook: 18 minutes



Servings: 8 cupcakes

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp cinnamon
- 1/4 tsp salt
- 1/3 cup sugar
- 1 egg
- 1/4 cup oil or melted butter
- 1/3 cup milk or yogurt
- 1/2 tsp vanilla extract
- 1/2 cup raisins (soaked in warm water and drained)

Storage Tip

Keep in an airtight container for 2–3 days or refrigerate up to 5 days.

Sourdough Tip

The discard makes these cupcakes tender and balances the sweetness of the raisins.

Make It Your Own

Add chopped nuts or top with a light glaze or cream cheese frosting.

Calories: 210 kcal per cupcake

Instructions

1. Preheat oven to 350°F (175°C) and line a muffin tin with cupcake liners.
2. Whisk together flour, baking powder, baking soda, cinnamon, and salt in a bowl.
3. In a separate bowl, mix egg, sugar, oil, milk, vanilla, and sourdough discard.
4. Combine wet and dry ingredients until just mixed. Fold in raisins.
5. Divide batter into cupcake liners and bake for 16–18 minutes.
6. Cool completely on a wire rack before serving.



50. Honey Buns



Prep: 20 mins



Cook: 20 minutes



Servings: 8 buns

Ingredients

- 1/2 cup sourdough discard
- 1 1/2 cups all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/3 cup milk
- 2 tbsp butter, melted
- 2 tbsp honey (plus extra for drizzling)
- 1 egg (optional, for brushing)
- 1/2 tsp cinnamon (optional)

Instructions

1. Combine flour, baking powder, salt, sourdough discard, milk, butter, and honey in a bowl.
2. Mix until a soft dough forms. Let it rest for 20 minutes.
3. Preheat oven to 375°F (190°C) and line a baking tray.
4. Divide the dough into eight pieces and shape into buns.
5. Place on tray, brush with egg if using, and sprinkle with cinnamon if desired.
6. Bake for 18–20 minutes or until golden brown.
7. Drizzle with extra honey before serving.

Storage Tip

Store at room temperature for 2 days or refrigerate up to 4 days.

Sourdough Tip

Discard gives buns a soft, rich texture with a subtle tang.

Make It Your Own

Add orange zest to the dough or use maple syrup instead of honey.

Calories: 260 kcal per bun



51. Walnut Brownies



Prep: 15 mins



Cook: 25 squares



Servings: 8 buns

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup butter, melted
- 1 cup sugar
- 2 eggs
- 1/2 cup cocoa powder
- 1/2 cup all-purpose flour
- 1/4 tsp salt
- 1/2 tsp vanilla extract
- 1/2 cup chopped walnuts

Instructions

1. Preheat oven to 350°F (175°C) and grease or line an 8x8-inch baking pan.
2. In a bowl, whisk melted butter and sugar until smooth.
3. Add eggs, vanilla, and sourdough discard. Mix until combined.
4. Stir in cocoa, flour, and salt until a thick batter forms.
5. Fold in chopped walnuts.
6. Spread batter into the prepared pan and smooth the top.
7. Bake for 22–25 minutes, or until a toothpick comes out with moist crumbs.
8. Cool completely before cutting into squares.

Storage Tip

Store in an airtight container at room temperature for up to 4 days.

Sourdough Tip

Discard gives brownies a chewy, slightly tangy depth, enhancing the chocolate flavor.

Make It Your Own

Top with chocolate chips or swirl in peanut butter before baking.

Calories: 280 kcal per square



52. Berry Tartlets



Prep: 20 mins



Cook: 20 minutes



Servings: 6 tartlets

Ingredients

- 1/2 cup sourdough discard
- 3/4 cup all-purpose flour
- 1/4 cup cold butter, cubed
- 1 tbsp sugar
- 2–3 tbsp cold water
- 1 cup fresh or frozen mixed berries
- 1 tbsp sugar (for berries)
- 1 tsp cornstarch (optional, for thickening)

Instructions

1. Preheat oven to 375°F (190°C).
2. In a bowl, combine flour, sugar, and butter. Cut butter in until crumbly.
3. Add the discard and cold water to form a soft dough. Chill for 15 minutes.
4. Divide the dough into six portions and press into tartlet molds or muffin cups.
5. In a saucepan, cook berries with sugar (and cornstarch if using) until slightly thickened.
6. Spoon berry filling into tart shells.
7. Bake for 18–20 minutes or until crust is golden and filling bubbly.
8. Cool slightly before serving.

Storage Tip

Keep refrigerated for up to 3 days. Best served fresh.

Sourdough Tip

Discard adds flakiness and enhances the buttery crust flavor.

Make It Your Own

Use stone fruits like peaches or plums instead of berries.

Calories: 220 kcal per tartlet



53. Vanilla Cupcakes



Prep: 10 mins



Cook: 18 minutes



Servings: 8 cupcakes

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup sugar
- 1/4 cup butter, softened
- 1 egg
- 1/2 cup milk
- 1 tsp vanilla extract

Instructions

1. Preheat oven to 350°F (175°C). Line a muffin tin with cupcake liners.
2. In a bowl, cream together butter and sugar. Add egg and vanilla and mix well.
3. Stir in sourdough discard and milk until smooth.
4. Whisk flour, baking powder, baking soda, and salt separately.
5. Gradually add dry ingredients to wet and mix until just combined.
6. Divide batter among cupcake liners and bake for 16–18 minutes.
7. Cool completely before frosting or serving.

Storage Tip

Store unfrosted cupcakes in an airtight container for 2 days or refrigerate up to 4 days.

Sourdough Tip

Discard adds tenderness and subtle depth to the classic vanilla flavor.

Make It Your Own

Add lemon zest, chocolate chips, or top with your favorite frosting.

Calories: 200 kcal per cupcake



54. Cheesecake in a Jar



Prep: 15 mins



Cook: 0 minutes



Servings: 4 jars

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup crushed graham crackers or cookies
- 2 tbsp melted butter
- 1 package (8 oz) cream cheese, softened
- 1/4 cup sugar
- 1/4 cup plain yogurt or sour cream
- 1/2 tsp vanilla extract
- Fresh berries or fruit preserves for topping

Storage Tip

Keep refrigerated for up to 3 days. Cover jars with lids or plastic wrap.

Sourdough Tip

Discard gives a unique tang to the crust, complementing the creamy filling.

Make It Your Own

Use chocolate cookies for the base or flavor the filling with citrus zest or cocoa.

Calories: 280 kcal per jar

Instructions

1. In a bowl, mix crushed graham crackers with melted butter and sourdough discard.
2. Divide the mixture evenly among jars and press down to form a crust.
3. In a separate bowl, beat cream cheese with sugar, yogurt, and vanilla until smooth.
4. Spoon cream cheese filling over the crusts in each jar.
5. Top with fresh berries or fruit preserves.
6. Chill for at least 1 hour before serving.



55. Chocolate Pancakes



Prep: 10 mins



Cook: 15 minutes



Servings: 4 servings
(8pancakes)

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 2 tbsp cocoa powder
- 1 tbsp sugar
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 3/4 cup milk
- 1 tbsp melted butter or oil
- 1/2 tsp vanilla extract
- Optional: chocolate chips or sliced bananas

Storage Tip

Refrigerate cooked pancakes for 2–3 days or freeze up to 1 month.

Sourdough Tip

Discard helps create soft, decadent pancakes with a hint of tang.

Make It Your Own

Add cinnamon, nutmeg, or espresso powder for a twist.

Calories: 190 kcal per pancake

Instructions

- 1.Mix flour, cocoa, sugar, baking powder, baking soda, and salt in a large bowl.
- 2.Whisk the egg, milk, sourdough discard, melted butter, and vanilla in another bowl.
- 3.Combine wet and dry ingredients. Stir until just mixed. If using, fold in chocolate chips or bananas.
- 4.Heat a nonstick skillet over medium heat and lightly grease it.
- 5.Pour 1/4 cup batter per pancake. Cook 2–3 minutes per side until bubbles form and edges look dry.
- 6.Flip and cook the other side. Serve warm with syrup or yogurt.



56. Oatmeal Cookies



Prep: 10 mins



Cook: 12 minutes



Servings: 18 cookies

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup butter, softened
- 1/2 cup brown sugar
- 1/4 cup white sugar
- 1 egg
- 1 tsp vanilla extract
- 3/4 cup all-purpose flour
- 1/2 tsp baking soda
- 1/4 tsp cinnamon
- 1/4 tsp salt
- 1 1/2 cups rolled oats
- Optional: 1/2 cup raisins, chocolate chips, or chopped nuts

Storage Tip

Keep in an airtight container for up to 5 days, or freeze for more extended storage.

Sourdough Tip

Discard makes cookies chewy and adds a subtle, tangy flavor.

Make It Your Own

Use dried cranberries and white chocolate or a pinch of cardamom for spice.

Calories: 130 kcal per cookie

Instructions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large bowl, cream butter and sugars until light and fluffy.
3. Beat in the egg, vanilla, and sourdough discard.
4. Whisk together flour, baking soda, cinnamon, and salt in another bowl.
5. Gradually mix dry ingredients into the wet mixture.
6. Stir in oats and optional mix-ins.
7. Drop tablespoon-sized portions onto a baking sheet.
8. Bake 10–12 minutes or until golden brown. Cool on a wire rack.



57. Pumpkin Pie



Prep: 15 mins



Cook: 45 minutes



Servings: 8 slices

Ingredients

- 1/2 cup sourdough discard
- 1 1/4 cups all-purpose flour
- 1/2 tsp salt
- 1/2 cup cold butter, cubed
- 3–4 tbsp cold water
- 1 can (15 oz) pumpkin puree
- 3/4 cup brown sugar
- 2 large eggs
- 1/2 cup evaporated milk or heavy cream
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp cloves
- 1/4 tsp ginger
- 1/4 tsp salt

Storage Tip

Refrigerate for up to 4 days. Best served within 2 days for the best flavor.

Sourdough Tip

Discard adds subtle complexity to the crust and helps it crisp beautifully.

Make It Your Own

Add a pecan streusel topping or swirl with cream cheese before baking.

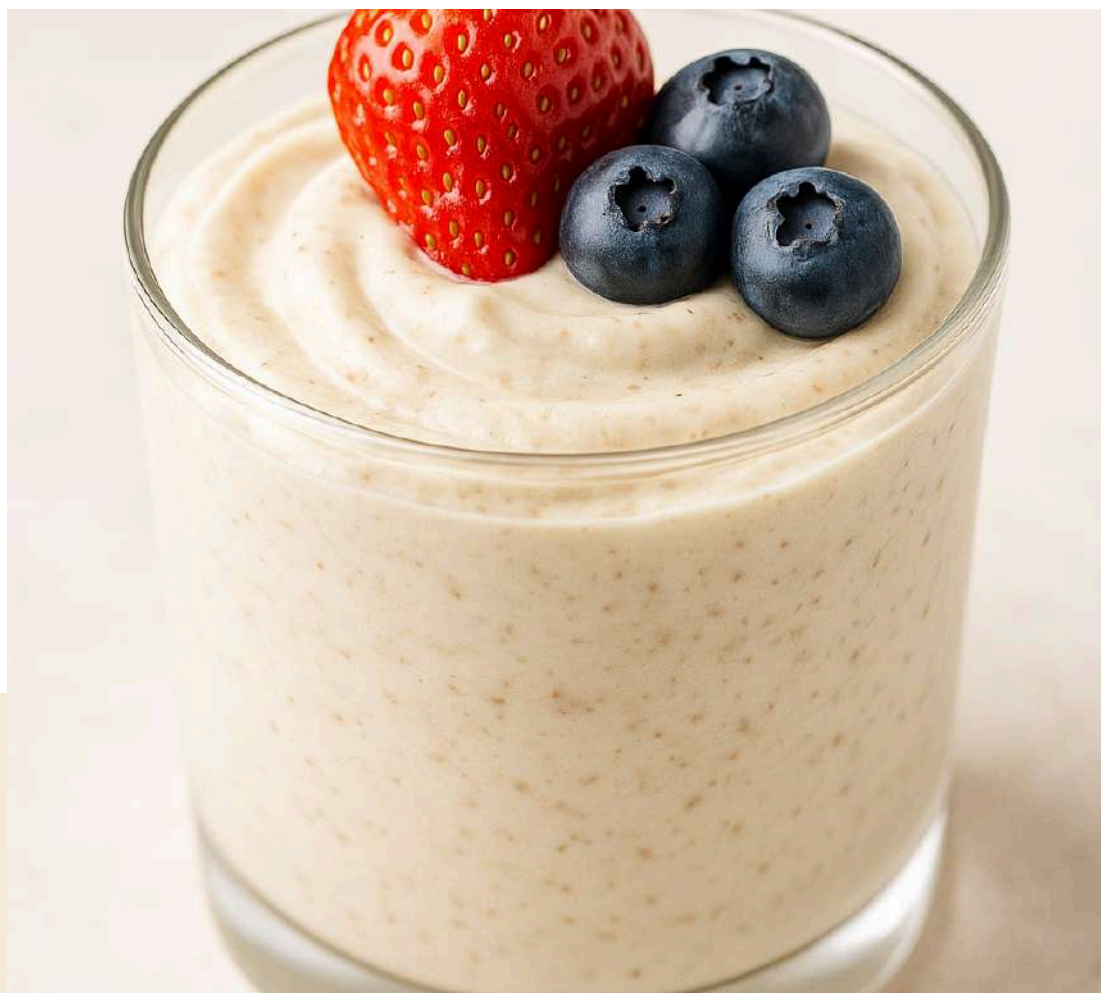
Calories: 290 kcal per slice

Instructions

1. To make the crust, mix flour and salt, then cut in cold butter until crumbly.
2. Add sourdough discard and cold water to form dough. Chill for 30 minutes.
3. Preheat oven to 375°F (190°C). Roll the dough and fit it into a 9-inch pie pan.
4. Whisk pumpkin puree, sugar, eggs, milk, spices, and salt in a bowl.
5. Pour filling into the crust and smooth the top.
6. Bake for 45–50 minutes until the center is set and the edges are slightly browned.
7. Cool completely before slicing. Serve chilled or at room temperature.



58. Sourdough Mousse



Prep: 15 mins



Cook: 0 minutes
(chill only)



Servings: 4 servings

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup heavy cream
- 4 oz cream cheese, softened
- 1/4 cup powdered sugar
- 1/2 tsp vanilla extract
- 1 tbsp lemon juice (optional)
- Fresh berries or grated chocolate for topping

Storage Tip

Store mousse in the fridge for up to 3 days.

Sourdough Tip

Discard gives this mousse a unique tang and creamy texture.

Make It Your Own

Add a swirl of fruit puree or use cocoa powder for a chocolate version.

Calories: 220 kcal per serving

Instructions

1. In a bowl, beat cream cheese until smooth.
2. Add sourdough discard, powdered sugar, vanilla, and lemon juice (if using). Mix until creamy.
3. In a separate bowl, whip heavy cream until stiff peaks form.
4. Gently fold whipped cream into the sourdough mixture until thoroughly combined.
5. Spoon into serving glasses or jars.
6. Chill for at least 1 hour before serving. Top with berries or chocolate if desired.



59. Fruit-Nut Spread



Prep: 10 mins



Cook: 0 minutes
(no cook)



Servings: 6 servings

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup mixed dried fruits (raisins, apricots, figs)
- 1/4 cup chopped nuts (walnuts, almonds, or pecans)
- 1 tbsp honey or maple syrup
- 1/4 tsp cinnamon (optional)
- Pinch of salt

Storage Tip

Keep refrigerated in a sealed container for up to 1 week.

Sourdough Tip

Discard adds a creamy texture and enhances the natural sweetness of fruits.

Make It Your Own

Use coconut flakes, cocoa powder, or orange zest for added flavor.

Calories: 180 kcal per serving

Instructions

1. In a food processor, combine dried fruits and nuts. Pulse until finely chopped.
2. Add sourdough discard, honey, cinnamon, and salt. Blend until a thick paste forms.
3. Adjust sweetness to taste. Transfer to a jar or container.
4. Chill before serving. Use as a spread on toast, crackers, or pancakes.



60. Gingerbread Cookies



Prep: 15 mins



Cook: 10 minutes



Servings: 24 cookies

Ingredients

- 1/2 cup sourdough discard
- 1/3 cup molasses
- 1/3 cup brown sugar
- 1/4 cup butter, softened
- 1 egg
- 2 cups all-purpose flour
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp cloves
- 1/2 tsp baking soda
- 1/4 tsp salt

Storage Tip

Store in an airtight container for up to 1 week. Freeze for more extended storage.

Sourdough Tip

Discard adds a rich depth to the molasses and spice profile.

Make It Your Own

Dip in chocolate, add icing, or press with decorative stamps before baking.

Calories: 120 kcal per cookie

Instructions

1. In a large bowl, cream butter and sugar. Add molasses, egg, and sourdough discard. Mix until smooth.
2. Whisk together flour, spices, baking soda, and salt in a separate bowl.
3. Gradually stir dry ingredients into wet mixture to form a dough.
4. Wrap dough and chill for at least 30 minutes.
5. Preheat oven to 350°F (175°C) and line a baking sheet with parchment.
6. Roll dough to 1/4 inch thick and cut into shapes.
7. Bake for 8–10 minutes or until edges are firm. Cool before decorating.



61. Caramel Sticky Buns



Prep: 25 mins



Cook: 25 minutes



Servings: 8 buns

Ingredients

- 1/2 cup sourdough discard
- 1 1/2 cups all-purpose flour
- 2 tbsp sugar
- 1/2 tsp salt
- 1 tsp baking powder
- 1/4 cup milk
- 1/4 cup butter, melted
- 1/4 cup brown sugar (filling)
- 1 tsp cinnamon (filling)
- 1/2 cup chopped pecans (optional)
- 1/4 cup butter (caramel)
- 1/4 cup brown sugar (caramel)
- 2 tbsp honey or corn syrup (caramel)

Storage Tip

Store in an airtight container for 2 days or refrigerate for up to 5 days.

Sourdough Tip

Discard adds softness and depth, balancing the rich caramel topping.

Make It Your Own

Add dried fruit or orange zest to the filling or the dough.

Calories: 320 kcal per bun

Instructions

1. Combine flour, baking powder, sugar, and salt in a bowl.
2. Add sourdough, milk, and melted butter to form a soft dough. Let it rest for 30 minutes.
3. Melt butter with brown sugar and honey in a saucepan to make caramel. Pour the mixture into a greased baking pan and top with pecans.
4. Roll out the dough into a rectangle. Sprinkle with brown sugar and cinnamon.
5. Roll into a log and cut into eight slices. Place cut-side up in the pan over the caramel.
6. Bake at 375°F (190°C) for 20–25 minutes until golden.
7. Cool for 5 minutes, then invert onto a plate to serve warm.



62. Dessert Flatbreads



Prep: 15 mins



Cook: 10 minutes



Servings: 4 flatbreads

Ingredients

- 1/2 cup sourdough discard
- 3/4 cup all-purpose flour
- 1/4 tsp baking powder
- 1 tbsp sugar
- 1/4 tsp salt
- 2 tbsp yogurt or milk
- 1 tbsp melted butter (for cooking)
- Toppings: honey, cinnamon, fruit slices, chocolate spread, or nuts

Storage Tip

Store flatbreads in an airtight container at room temperature for 1–2 days.

Sourdough Tip

Discard gives these flatbreads great flavor and elasticity.

Make It Your Own

Top with ricotta and berries, or peanut butter and banana slices.

Calories: 230 kcal per flatbread

Instructions

1. Mix flour, baking powder, sugar, and salt in a bowl.
2. Stir in the sourdough discard and yogurt to form a soft dough. If it is too sticky, add more flour.
3. Divide into four balls and roll into flat rounds.
4. Heat a nonstick skillet over medium heat and brush with melted butter.
5. Cook each flatbread for 2–3 minutes per side until golden spots appear.
6. Serve warm with sweet toppings of choice.



YChapter 5: Gluten-Free & Kid-Friendly

63. Gluten-Free Wafflesour recipe title here



Prep: 10 mins



Cook: 10 mins



Servings: 4 waffles

Ingredients

- 1/2 cup sourdough discard (gluten-free)
- 1 cup gluten-free flour blend
- 1 tbsp sugar or maple syrup
- 1 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 3/4 cup milk (dairy or plant-based)
- 2 tbsp melted butter or oil
- 1/2 tsp vanilla extract

Instructions

- 1.Preheat your waffle iron and lightly grease if needed.
- 2.Whisk the flour, baking powder, salt, and sugar in a bowl.
- 3.In another bowl, beat the egg with milk, sourdough discard, melted butter, and vanilla.
- 4.Mix wet and dry ingredients until just combined.
- 5.Pour batter into waffle iron and cook according to manufacturer's instructions until golden and crisp.
- 6.Serve warm with fruit, yogurt, or syrup.

Storage Tip

Freeze cooked waffles and reheat in a toaster for a quick breakfast.

Sourdough Tip

Gluten-free discard adds subtle tang and helps with crisp texture.

Make It Your Own

Add cinnamon, chocolate chips, or mashed banana for flavor variety.

Calories: 220 kcal per waffle

64. Seeded Gluten-Free Bread



Prep: 15 mins



Cook: 45 mins



Servings: 10 slices

Ingredients

- 1/2 cup sourdough discard (gluten-free)
- 1 1/2 cups gluten-free flour blend
- 1/4 cup ground flaxseed
- 1/4 cup sunflower seeds
- 2 tbsp sesame seeds
- 1 tbsp chia seeds
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 eggs
- 3/4 cup yogurt or plant-based milk
- 1 tbsp olive oil or melted coconut oil
- 1 tbsp apple cider vinegar

Storage Tip

Store wrapped in the fridge for 4–5 days or freeze slices individually.

Sourdough Tip

Discard boosts moisture and gives depth to the nutty flavor of the seeds.

Make It Your Own

Add grated zucchini or herbs like rosemary for extra nutrition and taste.

Instructions

1. Preheat oven to 350°F (175°C). Line a loaf pan with parchment paper.
2. Mix flour, flaxseed, seeds, baking powder, baking soda, and salt in a large bowl.
3. In another bowl, mix eggs, yogurt, oil, vinegar, and sourdough discard.
4. Combine wet and dry ingredients. Mix until batter is thick but pourable.
5. Pour into the loaf pan and smooth the top. Sprinkle extra seeds if desired.
6. Bake for 40–45 minutes until a toothpick comes out clean.
7. Cool completely before slicing.

Calories: 180 kcal per muffin



65. No-Sugar Baby Muffins



Prep: 10 mins



Cook: 20 mins



Servings: 9 mini muffins

Ingredients

- 1/2 cup sourdough discard (gluten-free if needed)
- 1 banana, mashed
- 1/2 cup grated apple or carrot
- 1/2 cup oat flour or ground oats
- 1/2 tsp baking powder
- 1/4 tsp cinnamon
- 1 egg or flax egg
- 1/4 cup milk or breast milk/formula
- 1/2 tsp vanilla extract (optional)

Instructions

1. Preheat oven to 350°F (175°C) and grease or line a mini muffin tin.
2. In a bowl, mix mashed banana, grated apple or carrot, egg, milk, sourdough discard, and vanilla.
3. Add oat flour, baking powder, and cinnamon. Stir to combine.
4. Spoon into muffin cups. Fill each about 3/4 full.
5. Bake for 18–20 minutes until firm and golden.
6. Cool completely before serving. Suitable for babies 6+ months with supervision.

Storage Tip

Refrigerate for 3 days or freeze up to 1 month. Great for snacks or breakfast.

Sourdough Tip

Discard helps add softness and makes the muffins easier for babies to chew.

Make It Your Own

Try adding pear puree, pumpkin, or finely chopped spinach for variety.

Calories: 100 kcal per muffin



66. Coconut Flour Cookies



Prep: 10 mins



Cook: 12 mins



Servings: 12 cookies

Ingredients

- 1/2 cup sourdough discard
- 1/4 cup coconut flour
- 1/4 cup shredded coconut (unsweetened)
- 1/4 cup coconut oil or butter, melted
- 1/4 cup honey or maple syrup
- 1 egg
- 1/2 tsp vanilla extract
- 1/4 tsp baking soda
- Pinch of salt

Instructions

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Whisk the egg, honey, oil, vanilla, and sourdough in a bowl.
3. Add coconut flour, shredded coconut, baking soda, and salt. Mix until the dough forms.
4. Scoop tablespoon-sized portions and shape into balls. Flatten slightly on the baking sheet.
5. Bake for 10–12 minutes until edges are golden. Cool completely before serving.

Storage Tip

Keep cookies in an airtight container for up to 5 days. Can be frozen.

Sourdough Tip

Discard enhances moisture and balances the natural sweetness of coconut.

Make It Your Own

Add mini chocolate chips or chopped dried pineapple for a tropical twist.

Calories: 130 kcal per cookie



67. Almond Flour Bread



Prep: 10 mins



Cook: 35 mins



Servings: 10 slices

Ingredients

- 1/2 cup sourdough discard
- 1 1/2 cups almond flour
- 1/4 cup tapioca flour or arrowroot powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3 eggs
- 1/4 cup milk (dairy or non-dairy)
- 1 tbsp olive oil or melted butter
- 1 tsp apple cider vinegar

Instructions

1. Preheat oven to 350°F (175°C). Line a loaf pan with parchment paper.
2. Mix almond flour, tapioca flour, baking soda, and salt in a bowl.
3. In another bowl, whisk eggs, milk, oil, vinegar, and sourdough discard.
4. Combine wet and dry ingredients. Stir until a thick batter forms.
5. Pour into the loaf pan and smooth the top.
6. Bake for 30–35 minutes until a toothpick inserted comes out clean.
7. Let cool before slicing. Serve toasted or as is.

Storage Tip

Store in the fridge for up to 5 days or freeze slices for extended storage.

Sourdough Tip

Discard improves the rise and adds a pleasant tang to this low-carb bread.

Make It Your Own

Add herbs, garlic, or grated cheese for a savory twist.

Calories: 190 kcal per slice



68. Egg-Free Pumpkin Muffins



Prep: 10 mins



Cook: 20 mins



Servings: 9 muffins

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup pumpkin puree
- 1/3 cup maple syrup or honey
- 1/4 cup oil (coconut or vegetable)
- 1/4 cup milk (dairy or non-dairy)
- 1 tsp vanilla extract
- 1 cup gluten-free flour blend
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp ginger
- 1/4 tsp nutmeg
- Pinch of salt

Instructions

1. Preheat oven to 350°F (175°C). Line or grease a muffin tin.
2. Whisk pumpkin, syrup, oil, milk, vanilla, and sourdough in a bowl.
3. Add flour, baking soda, powder, spices, and salt. Stir until just combined.
4. Divide batter evenly into muffin cups.
5. Bake for 18–20 minutes until a toothpick comes out clean.
6. Cool on a wire rack before serving.

Storage Tip

Store in an airtight container for up to 3 days or freeze for up to 1 month.

Sourdough Tip

Discard helps bind the batter without eggs and keeps the muffins moist.

Make It Your Own

Add chocolate chips, dried cranberries, or sunflower seeds for extra flavor.

Calories: 150 kcal per muffin



69. Apple Pancakes for Kids



Prep: 10 mins



Cook: 10 mins



Servings: 8 small
pancakes

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup grated apple (peeled)
- 1/2 cup oat flour or gluten-free flour
- 1/4 tsp cinnamon
- 1/4 tsp baking powder
- 1/4 tsp vanilla extract (optional)
- 1 egg or flax egg
- 1/4 cup milk or water
- Coconut oil or butter for frying

Instructions

1. Combine sourdough discard, grated apple, egg, milk, and vanilla in a bowl.
2. Add oat flour, baking powder, and cinnamon. Stir into a thick batter.
3. Heat a nonstick skillet over medium heat and grease lightly.
4. Spoon small amounts of batter into the pan. Flatten slightly with a spoon.
5. Cook 2–3 minutes on each side until golden brown and cooked through.
6. Cool slightly before serving. Perfect for toddlers with a soft, moist texture.

Storage Tip

Store leftovers in the fridge for 2 days or freeze. Reheat in a skillet or toaster.

Sourdough Tip

Discard adds structure and makes pancakes easier to flip and chew.

Make It Your Own

Add mashed banana, a pinch of nutmeg, or finely chopped raisins.

Calories: 100 kcal per pancake



70. Banana-Coconut Cookies



Prep: 10 mins



Cook: 12 mins



Servings: 12 cookies

Ingredients

- 1/2 cup sourdough discard
- 1 ripe banana, mashed
- 1/2 cup shredded coconut (unsweetened)
- 1/4 cup oat flour or almond flour
- 1/4 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 tsp vanilla extract (optional)
- Pinch of salt

Instructions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Combine mashed banana, sourdough discard, and vanilla in a bowl.
3. Add shredded coconut, oat flour, cinnamon, baking soda, and salt. Mix until combined.
4. Scoop spoonfuls of dough onto the baking sheet and flatten slightly.
5. Bake for 10–12 minutes until golden around the edges.
6. Let cool on a rack before serving.

Storage Tip

Keep in an airtight container for 3–4 days or freeze for extended storage.

Sourdough Tip

Discard gives these cookies a soft texture and mild tang that pairs well with banana.

Make It Your Own

Add mini chocolate chips or chopped dried mango for a fun twist.

Calories: 120 kcal per cookie



71. Almond Flatbreads



Prep: 10 mins



Cook: 10 mins



Servings: 4 flatbreads

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup almond flour
- 1 tbsp tapioca flour or cornstarch
- 1/4 tsp baking powder
- 1/4 tsp salt
- 2 tbsp water (adjust as needed)
- 1 tsp olive oil (plus extra for cooking)

Instructions

1. Mix the sourdough discard, almond flour, tapioca flour, baking powder, and salt in a bowl.
2. Stir in water and olive oil to form a soft dough. Let it sit for 5 minutes.
3. Divide the dough into four pieces and roll or press into thin rounds.
4. Heat a nonstick pan over medium heat. Lightly oil the surface.
5. Cook each flatbread for 2–3 minutes per side until golden and slightly puffed.
6. Serve warm or cool. Ideal for kids or as gluten-free wraps.

Storage Tip

Store in a sealed container for 2 days or freeze. Reheat in a skillet or oven.

Sourdough Tip

Discard provides elasticity and helps achieve a soft, pliable texture.

Make It Your Own

Add herbs like rosemary or mix in grated cheese for a savory flavor.

Calories: 160 kcal per flatbread



72. Rice-Chia Waffles



Prep: 10 mins



Cook: 10 mins



Servings: 4 waffles

Ingredients

- 1/2 cup sourdough discard
- 3/4 cup rice flour
- 2 tbsp chia seeds
- 1 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 3/4 cup milk (dairy or non-dairy)
- 1 tbsp melted coconut oil or butter
- 1/2 tsp vanilla extract (optional)

Instructions

1. Preheat waffle iron and lightly grease if needed.
2. Combine rice flour, chia seeds, baking powder, and salt in a bowl.
3. In another bowl, whisk egg, milk, oil, vanilla, and sourdough discard.
4. Mix wet ingredients into dry until smooth. Let it sit for 5 minutes.
5. Cook waffles according to the waffle maker instructions until golden and crisp.
6. Serve with fruit, nut butter, or a drizzle of honey.

Storage Tip

Freeze waffles in a zip bag and reheat in a toaster as needed.

Sourdough Tip

Discard gives a crisp edge and blends well with chia for fiber-rich batter.

Make It Your Own

Add cinnamon, mashed banana, or chopped nuts for extra taste.

Calories: 210 kcal per waffle



73. Rice Flour Cupcakes



Prep: 10 mins



Cook: 18 mins



Servings: 8 cupcakes

Ingredients

- 1/2 cup sourdough discard
- 3/4 cup rice flour
- 1/4 cup sugar or maple syrup
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 egg
- 1/2 cup milk (dairy or plant-based)
- 2 tbsp oil or melted butter
- 1/2 tsp vanilla extract

Instructions

1. Preheat oven to 350°F (175°C). Line a muffin tin with paper liners.
2. Mix rice flour, baking powder, baking soda, salt, and sugar in a bowl.
3. In another bowl, whisk together egg, milk, oil, vanilla, and sourdough discard.
4. Combine wet and dry ingredients. Stir until just mixed.
5. Fill muffin cups 3/4 full and bake for 16–18 minutes.
6. Let cool completely before serving or frosting.

Storage Tip

Store in an airtight container for 2–3 days or refrigerate up to 5 days.

Sourdough Tip

Discard keeps the cupcakes tender and moist without gum additives.

Make It Your Own

Add citrus zest and spices, or use chocolate chips for a fun twist.

Calories: 160 kcal per cupcake



74. Gluten-Free Sourdough Fritters



Prep: 10 mins



Cook: 15 mins



Servings: 10 fritters

Ingredients

- 1/2 cup sourdough discard (gluten-free)
- 1/2 cup grated zucchini or carrots
- 1/4 cup finely chopped onion or scallions
- 1/4 cup chickpea flour or gluten-free flour blend
- 1 egg or flax egg
- 1/4 tsp salt
- 1/4 tsp cumin or paprika (optional)
- Oil for pan-frying

Instructions

1. In a bowl, mix all ingredients to form a thick batter.
2. Heat a nonstick skillet over medium heat with some oil.
3. Drop spoonfuls of batter into the pan and flatten slightly.
4. Cook 3–4 minutes per side until golden and cooked through.
5. Drain on a paper towel and serve warm with dipping sauce or yogurt.

Storage Tip

Refrigerate for up to 3 days or freeze for later. Reheat in a skillet for the best texture.

Sourdough Tip

Discard helps bind the batter, adding a light tang to the savory fritters.

Make It Your Own

Add corn kernels, cheese, or herbs like dill for extra flavor.

Calories: 120 kcal per fritter



75. Vegan Focaccia



Prep: 15 mins



Cook: 25 mins



Servings: 8 slices

Ingredients

- 1/2 cup sourdough discard
- 1 1/2 cups gluten-free flour blend
- 1 tsp baking powder
- 1/2 tsp salt
- 3/4 cup warm water
- 2 tbsp olive oil (plus extra for drizzling)
- Toppings: rosemary, cherry tomatoes, olives, garlic

Instructions

1. Combine flour, baking powder, and salt in a bowl.
2. Add warm water, olive oil, and sourdough discard. Stir until a sticky dough forms.
3. Let rest for 20 minutes to hydrate the flour.
4. Preheat oven to 375°F (190°C). Line a baking tray with parchment.
5. Spread dough into a rough rectangle or circle—dimple with fingers.
6. Top with olive oil and desired toppings.
7. Bake for 25–30 minutes until golden and edges are crisp.
8. Cool slightly before slicing and serving.

Storage Tip

Store at room temperature for 1–2 days or refrigerate for 3 days. Reheat to serve.

Sourdough Tip

Discard enriches the dough and enhances savory topping flavors.

Make It Your Own

Use caramelized onions, sun-dried tomatoes, or swap herbs for a seasonal twist.

Calories: 210 kcal per slice



76. Apple-Oat Muffins



Prep: 10 mins



Cook: 20 mins



Servings: 8 muffins

Ingredients

- 1/2 cup sourdough discard
- 1 cup rolled oats
- 1/2 cup grated apple
- 1/2 cup milk (dairy or plant-based)
- 1 egg
- 1/4 cup maple syrup or honey
- 2 tbsp oil or melted butter
- 1/2 tsp cinnamon
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt

Instructions

1. Preheat oven to 350°F (175°C). Line a muffin tin with liners.
2. In a bowl, combine oats, milk, and sourdough discard. Let it sit for 5 minutes.
3. Add egg, syrup, oil, and grated apple. Mix well.
4. Stir in cinnamon, baking powder, baking soda, and salt.
5. Spoon batter into muffin cups, filling each about 3/4 full.
6. Bake 18–20 minutes until golden and a toothpick comes out clean.
7. Cool before serving. Great for kids and lunchboxes.

Storage Tip

Please keep it in a sealed container for up to 3 days or freeze it for later.

Sourdough Tip

Discard gives these muffins structure and moisture without gum additives.

Make It Your Own

Add raisins, chopped nuts, or a sprinkle of oats on top before baking.

Calories: 170 kcal per muffin



77. Protein Loaf



Prep: 10 mins



Cook: 40 mins



Servings: 8 slices

Ingredients

- 1/2 cup sourdough discard
- 1 cup almond flour
- 1/4 cup protein powder (unsweetened, vanilla, or plain)
- 1/2 tsp baking powder
- 1/4 tsp salt
- 3 eggs
- 1/4 cup plain yogurt or plant-based yogurt
- 2 tbsp oil or melted butter
- 1 tbsp chia seeds or ground flax (optional)
- 1/2 tsp cinnamon (optional)

Instructions

1. Preheat oven to 350°F (175°C). Line a small loaf pan with parchment paper.
2. Whisk eggs, yogurt, oil, and sourdough until smooth.
3. Mix almond flour, protein powder, baking powder, salt, and optional spices or seeds in another bowl.
4. Combine wet and dry ingredients. Stir until thick and smooth.
5. Pour batter into prepared pan and smooth the top.
6. Bake for 35–40 minutes or until a toothpick comes out clean.
7. Cool before slicing. Great as a snack or post-workout option.

Storage Tip

Keep in the fridge for up to 5 days. Can be sliced and frozen.

Sourdough Tip

Discard keeps the loaf moist and enhances flavor without needing added sugar.

Make It Your Own

Mix in chopped nuts, dried fruits, or a handful of chocolate chips for variety.

Calories: 190 kcal per slice



Chapter 6: Drinks & Sauces

78. Sourdough Lemonade



Prep: 5 mins



Cook: 0 mins



Servings: 4 servings

Ingredients

- 1/4 cup sourdough discard (fermented tang only, strain if needed)
- 1/2 cup fresh lemon juice
- 1/4 cup honey or maple syrup (adjust to taste)
- 3 cups cold water
- Ice cubes and lemon slices for serving

Storage Tip

Refrigerate for up to 2 days. Stir before serving.

Sourdough Tip

Discard adds a subtle tang that balances the sweetness naturally.

Make It Your Own

Add crushed mint leaves or a splash of sparkling water for a refreshing twist.

Calories: 90 kcal per serving

Instructions

1. Combine lemon juice, sourdough discard, and sweetener in a large pitcher.
2. Add cold water and stir until well mixed.
3. Taste and adjust the sweetness if needed.
4. Serve over ice with lemon slices.



79. Berry Smoothie



Prep: 5 mins



Cook: 0 mins



Servings: 2 servings

Ingredients

- 1/4 cup sourdough discard (strained)
- 1 cup mixed frozen berries (strawberries, blueberries, raspberries)
- 1 banana
- 1/2 cup yogurt (plain or flavored)
- 1/2 cup milk (dairy or non-dairy)
- 1 tbsp honey or maple syrup (optional)

Storage Tip

Best enjoyed fresh, but can be refrigerated for up to 24 hours.

Sourdough Tip

Discard adds probiotic benefits and balances the fruit's sweetness.

Make It Your Own

Add spinach or chia seeds for extra nutrition.

Calories: 150 kcal per serving

Instructions

1. In a blender, combine all ingredients.
2. Blend on high until smooth and creamy.
3. Taste and add sweetener if needed.
4. Serve immediately in glasses with straws.



80. Ginger Honey Tea



Prep: 5 mins



Cook: 10 mins



Servings: 2 cups

Ingredients

- 2 cups water
- 1 tbsp grated fresh ginger
- 1 tbsp honey (or to taste)
- 1 tbsp sourdough discard (strained, optional for probiotic benefit)
- 1 tsp lemon juice (optional)

Instructions

1. Bring water and grated ginger to a boil in a small pot.
2. Reduce heat and simmer for 5–7 minutes.
3. Strain the tea into mugs.
4. Stir in honey, optional lemon juice, and sourdough discard if using.
5. Serve warm and enjoy.

Storage Tip

Drink immediately for the best flavor. Can be cooled and served over ice.

Sourdough Tip

Adding a discard after cooking preserves its probiotic qualities.

Make It Your Own

Add cinnamon or turmeric for extra warmth and healing benefits.

Calories: 60 kcal per cup



8I. Chocolate Sauce



Prep: 5 mins



Cook: 5 mins



Servings: 8 servings
(1 tbsp each)

Ingredients

- 1/4 cup cocoa powder
- 1/4 cup maple syrup or honey
- 1/4 cup water
- 1 tbsp sourdough discard (strained, optional)
- 1/2 tsp vanilla extract
- Pinch of salt

Instructions

- 1.Mix cocoa powder, sweetener, and water in a small saucepan.
- 2.Bring to a gentle simmer over medium heat, stirring constantly.
- 3.Cook for 2–3 minutes until slightly thickened.
- 4.Remove from heat and stir in vanilla, salt, and sourdough discard if using.
- 5.Let cool slightly. Serve warm or store for later use.

Storage Tip

Refrigerate in a sealed jar for up to 1 week—Reheat gently before using.

Sourdough Tip

Discard adds a subtle tang that enhances the chocolate flavor without overpowering.

Make It Your Own

Add cinnamon, chili powder, or espresso for a gourmet twist.

Calories: 90 kcal per serving



82. Herb Yogurt Dip



Prep: 5 mins



Cook: 0 mins



Servings: 6 servings
(2 tbsp each)

Ingredients

- 1 cup plain yogurt (Greek or regular)
- 2 tbsp sourdough discard (optional)
- 2 tbsp chopped fresh herbs (dill, parsley, chives)
- 1 garlic clove, minced
- 1 tsp lemon juice
- Salt and pepper to taste

Storage Tip

Refrigerate in an airtight container for up to 4 days.

Sourdough Tip

Discard adds a tangy complexity and helps balance garlic and herbs.

Make It Your Own

Stir in chopped cucumber for a tzatziki-style dip.

Calories: 60 kcal per serving

Instructions

1. Combine yogurt, sourdough discard, herbs, garlic, and lemon juice in a bowl.
2. Mix until smooth—season with salt and pepper to taste.
3. Refrigerate for 15 minutes before serving for the best flavor.
4. Serve with crackers and veggies or use as a sandwich spread.



83. Creamy Cheese Sauce



Prep: 5 mins



Cook: 10 mins



Servings: 6 servings
(2 tbsp each)

Ingredients

- 1 cup milk (dairy or plant-based)
- 1 tbsp butter
- 1 tbsp flour (or gluten-free blend)
- 1/4 cup sourdough discard (for tang and texture)
- 1 cup shredded cheese (cheddar, mozzarella, or mix)
- 1/4 tsp salt
- 1/4 tsp mustard or garlic powder (optional)

Storage Tip

Store in a jar in the fridge for up to 3 days. Reheat gently before serving.

Sourdough Tip

Discard enhances creaminess and flavor depth, replacing some of the roux.

Make It Your Own

Add chopped herbs, jalapeños, or swap cheeses for unique blends.

Calories: 110 kcal per serving

Instructions

1. In a saucepan, melt butter over medium heat. Stir in flour to form a roux.
2. Slowly whisk in milk and cook until thickened, about 3–4 minutes.
3. Stir in sourdough discard and whisk until smooth.
4. Add shredded cheese and stir until melted and creamy.
5. Season with salt and optional spices. Serve warm over pasta or veggies.



84. Homemade Pesto



Prep: 5 mins



Cook: 0 mins



Servings: 6 servings
(2 tbsp each)

Ingredients

- 2 cups fresh basil leaves
- 1/4 cup sourdough discard (optional for tang)
- 1/4 cup grated Parmesan cheese
- 1/4 cup olive oil
- 2 tbsp pine nuts or walnuts
- 1 garlic clove
- Salt and pepper to taste

Instructions

1. Blend basil, garlic, nuts, and cheese in a food processor.
2. Add sourdough discard and pulse until combined.
3. With the motor running, slowly drizzle in olive oil until smooth.
4. Season with salt and pepper to taste.
5. Use immediately or store in the refrigerator in an airtight jar.

Storage Tip

Refrigerate for up to 1 week or freeze in ice cube trays for portioned use.

Sourdough Tip

Discard adds tang and creamy texture, replacing some oil or cheese.

Make It Your Own

Try arugula, spinach, or kale instead of basil, and use different nuts or seeds.

Calories: 120 kcal per serving



85. Tomato Herb Sauce



Prep: 10 mins



Cook: 20 mins



Servings: 6 servings
(2 tbsp each)

Ingredients

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 2 cups crushed tomatoes (canned or fresh)
- 2 tbsp sourdough discard
- 1 tsp dried oregano
- 1/2 tsp dried basil
- Salt and pepper to taste
- 1 tsp sugar (optional, to balance acidity)

Storage Tip

Keep refrigerated for up to 5 days or freeze for up to 3 months.

Sourdough Tip

Discard adds depth and balances acidity, acting like a slow-cooked base.

Make It Your Own

Blend smooth for pizza sauce or add chili flakes for heat.

Calories: 70 kcal per serving

Instructions

- 1.Heat olive oil in a saucepan over medium heat.
- 2.Add onion and sauté until soft, about 5 minutes.
- 3.Stir in garlic and cook for another 1–2 minutes.
- 4.Add crushed tomatoes, sourdough discard, herbs, and seasoning.
- 5.Simmer uncovered for 15–20 minutes until thickened, stirring occasionally.
- 6.Taste and adjust seasoning if needed. Serve warm or store for later.



86. Nut Butter Cream



Prep: 5 mins



Cook: 0 mins



Servings: 6 servings
(2 tbsp each)

Ingredients

- 1/3 cup nut butter (almond, peanut, or cashew)
- 1/4 cup sourdough discard
- 2 tbsp maple syrup or honey
- 2–4 tbsp milk (dairy or plant-based)
- 1/2 tsp vanilla extract
- Pinch of salt

Storage Tip

Refrigerate in a sealed jar for up to 1 week. Stir before each use.

Sourdough Tip

Discard lightens the nut butter and adds a slight tangy balance.

Make It Your Own

Add cocoa powder for a chocolate version or cinnamon for warmth.

Calories: 130 kcal per serving

Instructions

1. Whisk the nut butter and sourdough together in a bowl, and discard until smooth.
2. Add maple syrup, vanilla, and salt. Mix well.
3. Gradually stir in milk to reach the desired creamy consistency.
4. Serve as a dip, spread, or swirl into yogurt or oatmeal.



87. Lemon Iced Tea



Prep: 5 mins



Cook: 10 mins



Servings: 4 cups

Ingredients

- 4 cups water
- 2 black tea bags (or green tea)
- 1/4 cup lemon juice (fresh)
- 2 tbsp sourdough discard (strained, optional)
- 2–3 tbsp honey or maple syrup (to taste)
- Ice cubes and lemon slices for serving

Storage Tip

Store in the refrigerator for up to 3 days. Stir before serving.

Sourdough Tip

Discard adds natural tang and complexity, especially with green tea.

Make It Your Own

Add fresh mint or a splash of sparkling water before serving.

Calories: 50 kcal per cup

Instructions

1. Bring water to a boil. Remove from heat and steep tea bags for 5–7 minutes.
2. Discard tea bags and let tea cool slightly.
3. Stir in lemon juice, honey, and sourdough discard (if using).
4. Chill in the refrigerator for at least 30 minutes.
5. Serve over ice with lemon slices.



88. Golden Turmeric Latte



Prep: 5 mins



Cook: 5 mins



Servings: 2 cups

Ingredients

- 2 cups milk (dairy or plant-based)
- 1 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1 tbsp honey or maple syrup (to taste)
- 1 tbsp sourdough discard (optional, strained)
- Pinch of black pepper

Instructions

1. In a small saucepan, whisk together all ingredients.
2. Heat gently over medium heat, stirring constantly, until warm but not boiling.
3. Froth if desired using a whisk or milk frother.
4. Pour into mugs and serve immediately.

Storage Tip

Best enjoyed fresh. Can be refrigerated for 1 day and reheated.

Sourdough Tip

Discard blends smoothly and adds depth to the warm spices.

Make It Your Own

Add vanilla extract or a pinch of cardamom for extra flavor.

Calories: 120 kcal per cup



89. Spiced Apple Cider



Prep: 5 mins



Cook: 20 mins



Servings: 4 cups

Ingredients

- 4 cups apple juice (100% juice, no sugar added)
- 1 cinnamon stick
- 3 whole cloves
- 1 slice fresh ginger
- 1 tbsp lemon juice
- 1 tbsp sourdough discard (optional, added after cooking)
- 1–2 tbsp honey or maple syrup (to taste)

Storage Tip

Store in the refrigerator for up to 3 days. Reheat or serve cold.

Sourdough Tip

Discard adds a subtle fermented note that enhances spice depth.

Make It Your Own

Add orange peel or star anise for a festive twist.

Calories: 100 kcal per cup

Instructions

1. Add apple juice, cinnamon, cloves, ginger, and lemon juice to a saucepan.
2. Bring to a simmer over medium heat. Reduce heat and simmer for 15–20 minutes.
3. Remove from heat and strain out spices.
4. Stir in honey and sourdough discard (if using) once slightly cooled.
5. Serve warm or chilled, garnished with apple slices or a cinnamon stick.



90. Creamy Avocado Sauce



Prep: 5 mins



Cook: 0 mins



Servings: 4 servings
(2 tbsp each)

Ingredients

- 1 ripe avocado
- 1/4 cup sourdough discard
- 2 tbsp lime or lemon juice
- 1 garlic clove
- 2 tbsp water or olive oil (adjust for texture)
- Salt and pepper to taste
- Chopped fresh herbs (optional, like cilantro or parsley)

Instructions

1. Combine avocado, sourdough discard, lemon/lime juice, garlic, and water/oil in a food processor or blender.
2. Blend until smooth and creamy.
3. Season with salt, pepper, and herbs if using.
4. Serve as a dip, sauce, or sandwich spread.

Storage Tip

Use immediately or store in an airtight container for up to 2 days with plastic wrap pressed against the surface.

Sourdough Tip

Discard adds tang and balances the avocado's richness.

Make It Your Own

Add a pinch of cumin or a splash of hot sauce for extra flavor.

Calories: 100 kcal per serving



91. Fermented Herb Dressing



Prep: 5 mins



Cook: 0 mins



Servings: 6 servings
(2 tbsp each)

Ingredients

- 1/2 cup plain yogurt or kefir
- 2 tbsp sourdough discard
- 2 tbsp olive oil
- 1 tbsp lemon juice or apple cider vinegar
- 2 tbsp chopped fresh herbs (dill, chives, parsley)
- 1 small garlic clove, minced
- Salt and pepper to taste

Instructions

1. In a jar or bowl, mix all ingredients until smooth.
2. Taste and adjust seasoning if needed.
3. Use immediately or allow to ferment at room temperature for 12–24 hours for a deeper flavor.
4. Refrigerate after fermentation. Shake before serving.

Storage Tip

Keep refrigerated up to 5 days. If fermented, keep tightly sealed.

Sourdough Tip

Discard works with yogurt to add beneficial bacteria and a complex tang.

Make It Your Own

Blend in avocado or cucumber for a creamy twist.

Calories: 80 kcal per serving



92. Citrus-Ginger Elixir



Prep: 5 mins



Cook: 5 mins



Servings: 4 small glasses
(about 1/2 cup each)

Ingredients

- 1 cup water
- 1 tbsp grated fresh ginger
- 1/4 cup lemon juice (freshly squeezed)
- 2 tbsp orange juice (optional)
- 1 tbsp sourdough discard (strained)
- 1 tbsp honey or maple syrup
- Pinch of cayenne (optional, for extra kick)

Instructions

1. Bring water and ginger to a simmer in a small pot for 3–5 minutes.
2. Remove from heat and let cool slightly.
3. Stir in lemon juice, orange juice (if using), honey, and sourdough discard.
4. Add cayenne if desired. Stir well and strain if needed.
5. Serve warm or chilled as a tonic or health shot.

Storage Tip

Please keep it in the fridge for up to 3 days. Shake before using.

Sourdough Tip

Discard enhances the probiotic value and complements the zingy ginger.

Make It Your Own

Add turmeric or apple cider vinegar for even more health benefits.

Calories: 45 kcal per serving



Chapter 7: Seasonal & Holiday Recipes

93. Pumpkin Spice Buns (Fall)



Prep: 20 mins



Cook: 25 mins



Servings: 9 buns

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup pumpkin puree
- 1/4 cup milk (warm)
- 1 egg
- 2 tbsp melted butter
- 2 tbsp brown sugar
- 1/2 tsp salt
- 1 1/2 cups all-purpose flour
- 1 tsp pumpkin spice mix
- 1 tsp baking powder (if not using yeast)
- For topping: cinnamon sugar or maple glaze

Instructions

1. Mix discard, pumpkin, warm milk, egg, butter, and sugar in a bowl.
2. Add flour, salt, pumpkin spice, and baking powder. Mix into soft dough.
3. Cover and let rise warmly for 1 hour, or skip if using baking powder only.
4. Shape into nine buns and place on a greased tray.
5. Bake at 375°F (190°C) for 20–25 minutes until golden.
6. Cool slightly and top with cinnamon sugar or glaze.

Storage Tip

Store in an airtight container for 2–3 days or freeze.

Sourdough Tip

Discard enhances the warmth and spice of the pumpkin and improves softness.

Make It Your Own

Add raisins or nuts to the dough for extra texture.

Calories: 220 kcal per bu



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94. Easter Sweet Breads



Prep: 25 mins



Cook: 30 mins



Servings: 1 braided loaf or eight rolls

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup warm milk
- 1 egg
- 2 tbsp melted butter
- 3 tbsp sugar
- 1/2 tsp salt
- 1/2 tsp vanilla extract
- 2–2 1/4 cups all-purpose flour
- 1 tsp dry yeast or 1 tsp baking powder (optional if not fermenting overnight)
- Toppings: pearl sugar or slivered almonds

Storage Tip

Store in a sealed bag or container for 3 days or freeze.

Sourdough Tip

Discard enriches the dough and adds soft texture without over-sweetening.

Make It Your Own

Add raisins, orange zest, or ground cardamom for a traditional Easter flavor.

Calories: 230 kcal per serving

Instructions

1. In a large bowl, combine milk, egg, butter, sugar, vanilla, and sourdough discard.
2. Add salt, flour, and yeast or baking powder. Knead into a soft, slightly sticky dough.
3. Cover and let rise warmly until doubled, 1–2 hours, or refrigerate overnight.
4. Shape into a braid or rolls and place on a baking sheet.
5. Brush with milk and sprinkle with sugar or almonds.
6. Bake at 350°F (175°C) for 25–30 minutes until golden brown.
7. Cool on a wire rack before slicing.



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95. Gingerbread Men (Winter)



Prep: 20 mins



Cook: 10 mins



Servings: 20 cookies

Ingredients

- 1/2 cup sourdough discard
- 1/4 cup brown sugar
- 1/4 cup molasses
- 1/4 cup butter, softened
- 1 egg yolk
- 1 3/4 cups all-purpose flour
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp baking soda
- Pinch of salt

Instructions

1. In a bowl, cream together butter, sugar, molasses, and egg yolk.
2. Mix in sourdough discard until smooth.
3. Combine flour, spices, baking soda, and salt in another bowl.
4. Stir dry ingredients into wet until a dough forms. Wrap and chill for 1 hour.
5. Preheat oven to 350°F (175°C). Roll the dough and cut out gingerbread men.
6. Place on a lined baking sheet and bake for 8–10 minutes.
7. Cool completely before decorating if desired.

Storage Tip

Store in an airtight container for up to 1 week or freeze longer.

Sourdough Tip

Discard adds chewiness and a slight tang that balances the molasses.

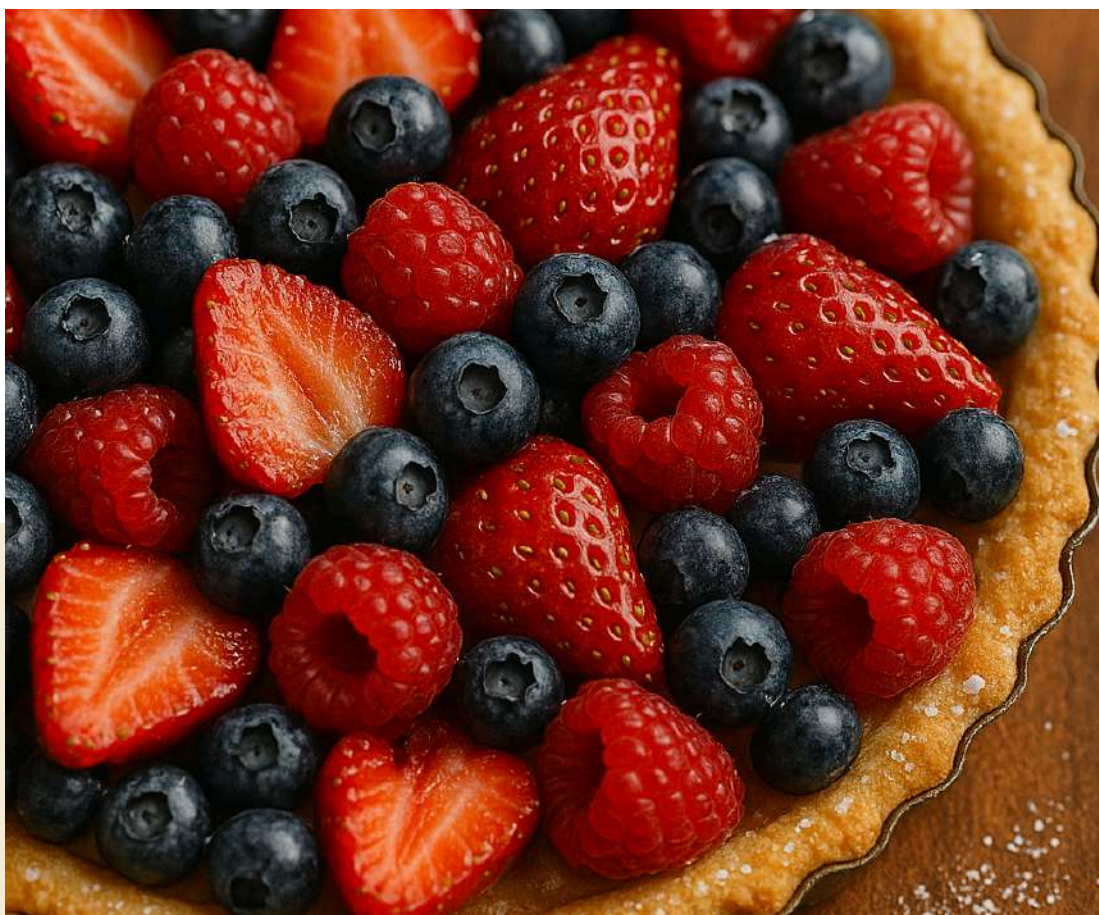
Make It Your Own

Add orange zest or use half whole wheat flour for a heartier flavor.

Calories: 110 kcal per cookie



96. Summer Berry Tart



Prep: 15 mins



Cook: 25 mins



Servings: 8 slices

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 1/4 cup butter, cold and cubed
- 2 tbsp sugar (for crust)
- 1–2 tbsp cold water (as needed)
- 1 cup mixed fresh berries (strawberries, blueberries, raspberries)
- 1 tbsp honey or maple syrup
- 1 tsp lemon juice
- Optional: powdered sugar for dusting

Storage Tip

Best served same day. Refrigerate leftovers for up to 2 days.

Sourdough Tip

Discard enhances the crispness of the crust and balances the tart berry flavors.

Make It Your Own

Add a layer of cream cheese or yogurt beneath the berries for extra richness.

Calories: 210 kcal per slice

Instructions

1. Mix flour, sugar, and butter until crumbly in a bowl.
2. Add sourdough discard and enough water to form a dough. Chill 15 minutes.
3. Preheat oven to 375°F (190°C). Roll out the dough and press it into the tart pan.
4. Dock the crust with a fork and bake for 20 minutes until lightly golden.
5. In a bowl, toss berries with honey and lemon juice.
6. Cool crust, then top with berry mixture. Dust with powdered sugar if desired.
7. Chill briefly or serve immediately.



97. Snowball Cookies (Winter)



Prep: 15 mins



Cook: 12 mins



Servings: 20 cookies

Ingredients

- 1/2 cup butter, softened
- 1/4 cup powdered sugar (plus extra for coating)
- 1/2 tsp vanilla extract
- 1/2 cup sourdough discard
- 1 1/4 cups all-purpose flour
- 1/4 tsp salt
- 1/2 cup finely chopped walnuts or pecans

Instructions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment.
2. Cream butter and sugar until fluffy. Mix in vanilla and sourdough discard.
3. Stir flour, salt, and chopped nuts to form dough.
4. Roll into 1-inch balls and place on a baking sheet.
5. Bake 10–12 minutes until bottoms are golden. Cool for 5 minutes.
6. Roll warm cookies in powdered sugar. Cool completely and roll again if desired.

Storage Tip

Store in an airtight container for up to 1 week.

Sourdough Tip

Discard softens the texture and helps bind without cracking.

Make It Your Own

Use almonds or add citrus zest for a twist.

Calories: 100 kcal per cookie



98. Autumn Mushroom Quiche



Prep: 15 mins



Cook: 35 mins



Servings: 6 slices

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 1/4 tsp salt
- 1/4 cup butter, cold and cubed
- 2–3 tbsp cold water
- 1 tbsp olive oil
- 1/2 onion, finely chopped
- 1 1/2 cups mushrooms, sliced
- 2 eggs
- 1/2 cup milk or cream
- 1/2 cup shredded cheese (Swiss or cheddar)
- Salt, pepper, and thyme to taste

Storage Tip

Refrigerate leftovers up to 3 days. Reheat in the oven for the best texture.

Sourdough Tip

Discard makes a tender and flavorful crust.

Make It Your Own

Add spinach, roasted squash, or goat cheese for a fall twist.

Calories: 250 kcal per slice

Instructions

1. Preheat oven to 375°F (190°C).
2. Prepare crust: mix flour, salt, butter, and discard until crumbly. Add water and form dough.
3. Roll out and press into a pie dish: prick base and prebake 10 minutes.
4. Sauté the onion and mushrooms in olive oil until soft—season with thyme, salt, and pepper.
5. Whisk eggs, milk, and a pinch of salt in a bowl.
6. Spread mushrooms on crust, pour egg mixture over, and sprinkle with cheese.
7. Bake 25–30 minutes until golden and set. Cool slightly before serving.



99. Holiday Spice Muffins



Prep: 10 mins



Cook: 20 mins



Servings: 10 muffins

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup milk (dairy or plant-based)
- 1/4 cup oil or melted butter
- 1/3 cup brown sugar
- 1 egg
- 1 1/4 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- Pinch of cloves
- 1/4 tsp salt
- Optional: chopped nuts, raisins, or candied orange peel

Storage Tip

Please keep it in an airtight container for up to 3 days or freeze it for later.

Sourdough Tip

Discard adds depth to warm holiday spices and helps retain moisture.

Make It Your Own

Top with cinnamon sugar before baking or drizzle with glaze after cooling.

Calories: 180 kcal per muffin

Instructions

1. Preheat oven to 375°F (190°C). Line a muffin tin with paper liners.
2. Whisk together sourdough discard, milk, oil, sugar, and egg in a bowl.
3. Add flour, baking powder, soda, spices, and salt. Stir until just combined.
4. Fold in any optional add-ins.
5. Divide batter among muffin cups and bake for 18–20 minutes until golden.
6. Cool slightly before serving.



100. Fig Tart (Fall)



Prep: 15 mins



Cook: 25 mins



Servings: 8 slices

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 1/4 cup butter, chilled and cubed
- 2 tbsp sugar (for crust)
- 1–2 tbsp cold water (as needed)
- 1/4 cup cream cheese or ricotta
- 2 tbsp honey or maple syrup
- 6–8 fresh figs, sliced
- Optional: crushed nuts or rosemary for topping

Instructions

1. Preheat oven to 375°F (190°C).
2. In a bowl, combine flour, sugar, and butter. Cut in butter until crumbly.
3. Add sourdough discard and enough water to form a dough. Chill 10 minutes.
4. Roll dough and press into a tart pan. Prick with a fork.
5. Bake for 15 minutes until lightly golden. Cool slightly.
6. Spread cream cheese and drizzle honey over the base.
7. Top with fig slices. Bake another 10 minutes.
8. Cool and garnish with nuts or rosemary if desired.

Storage Tip

Refrigerate leftovers for up to 2 days.

Sourdough Tip

Discard improves crust texture and complements fig sweetness.

Make It Your Own

Use goat cheese or mascarpone for a rich alternative.

Calories: 240 kcal per slice



101. Apple Cinnamon Buns (Winter)



Prep: 20 mins



Cook: 25 mins



Servings: 9 buns

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup warm milk
- 1 egg
- 2 tbsp butter, melted
- 3 tbsp sugar
- 1/2 tsp salt
- 2 cups all-purpose flour
- 1 tsp instant yeast (or use overnight fermentation with discard)
- 1 large apple, peeled and diced
- 1/4 cup brown sugar
- 1 tsp cinnamon
- 1 tbsp butter (for filling)

Storage Tip

Best fresh. Store covered for 2 days or freeze.

Sourdough Tip

Discard enhances the dough's softness and boosts apple-cinnamon flavor.

Make It Your Own

Add raisins or chopped pecans for extra texture.

Calories: 230 kcal per bun

Instructions

1. Mix warm milk, egg, butter, sugar, salt, and sourdough discard in a bowl.
2. Add flour and yeast. Knead to form a smooth dough. Let rise 1 hour or overnight.
3. Roll out the dough into a rectangle. Spread with 1 tbsp butter.
4. Sprinkle with diced apples, brown sugar, and cinnamon.
5. Roll up and cut into nine pieces. Place in a greased baking dish.
6. Let rise 30 minutes. Bake at 375°F (190°C) for 25 minutes.
7. Cool and drizzle with glaze if desired.



102. Spring Herb Pie



Prep: 20 mins



Cook: 35 mins



Servings: 6 slices

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 1/4 cup butter, chilled and cubed
- 1/4 tsp salt
- 2–3 tbsp cold water (as needed)
- 1 tbsp olive oil
- 1/2 onion, chopped
- 2 cups chopped fresh herbs and greens (spinach, parsley, dill, chives)
- 1/2 cup feta cheese or ricotta
- 2 eggs
- 1/4 cup milk or cream
- Salt and pepper to taste

Storage Tip

Store in the fridge for up to 3 days. Reheat in the oven before serving.

Sourdough Tip

Discard makes the crust flavorful and tender, perfect for savory fillings.

Make It Your Own

Use goat cheese or add lemon zest for brightness.

Calories: 240 kcal per slice

Instructions

1. Preheat oven to 375°F (190°C).
2. Prepare crust: mix flour, salt, and butter, and discard. Add water to form dough. Chill 10 minutes.
3. Roll out the dough and press it into a pie dish. Prick the base and prebake for 10 minutes.
4. Sauté onion in olive oil. Add greens and herbs until wilted. Let cool slightly.
5. Whisk eggs, milk, and cheese. Combine with the herb mixture. Season with salt and pepper.
6. Pour filling into crust and bake 25–30 minutes until golden and set.
7. Cool slightly before slicing.



103. Easter Cheese Roll



Prep: 20 mins



Cook: 30 mins



Servings: 10 slices

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup warm milk
- 1 egg
- 2 tbsp butter, melted
- 1 tbsp sugar
- 1/2 tsp salt
- 2 cups all-purpose flour
- 1 tsp instant yeast (optional for faster rise)
- 1 cup cottage cheese or ricotta
- 1/2 cup shredded cheese (cheddar, mozzarella, or a mix)
- 1 egg yolk (for filling)
- Salt and pepper to taste

Storage Tip

Store in the fridge for up to 3 days. Reheat slices before serving.

Sourdough Tip

Discard adds depth to the dough and balances the richness of the cheese.

Make It Your Own

Add chopped herbs or sun-dried tomatoes for a festive twist.

Calories: 210 kcal per slice

Instructions

1. Combine milk, discard, egg, butter, sugar, and salt in a bowl.
2. Add flour and yeast (if using). Knead into a soft dough. Let rise 1 hour or overnight.
3. Prepare filling by mixing cheeses, egg yolk, salt, and pepper.
4. Roll dough into a rectangle. Spread filling evenly and roll up tightly.
5. Place roll seam-side down in a greased loaf pan or baking sheet.
6. Let rise 30 minutes. Preheat oven to 375°F (190°C).
7. Bake for 30 minutes until golden. Cool slightly before slicing.



110

104. Seasonal Flatbread with Herbs



Prep: 10 mins



Cook: 20 mins



Servings: 8 slices

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup warm water
- 1 tbsp olive oil (plus more for drizzling)
- 1 1/2 cups all-purpose flour
- 1/2 tsp salt
- 1 tsp dried or 1 tbsp fresh herbs (thyme, rosemary, basil)
- Toppings: sliced seasonal vegetables (zucchini, tomatoes, onions)

Storage Tip

Best fresh. Store leftovers in the fridge and reheat in the oven.

Sourdough Tip

Discard enhances chew and boosts savory herbal flavor.

Make It Your Own

Use feta, goat cheese, or seasonal fruits like figs for a sweet-savory version.

Calories: 180 kcal per slice

Instructions

1. Mix the discard, water, olive oil, salt, and flour into a soft dough.
2. Add herbs and knead gently. Let rest for 30–60 minutes.
3. Preheat oven to 400°F (200°C). Roll out the dough and place it on a baking sheet.
4. Top with sliced veggies and drizzle with olive oil.
5. Bake for 18–20 minutes until golden and crisp.
6. Cool slightly, slice, and serve warm.



III

105. Pumpkin-Chocolate Cookies



Prep: 10 mins



Cook: 12 mins



Servings: 20 cookies

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup canned pumpkin puree
- 1/4 cup melted butter or coconut oil
- 1/2 cup brown sugar
- 1 egg
- 1 tsp vanilla extract
- 1 1/4 cups all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/2 cup chocolate chips or chunks

Instructions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Whisk together the pumpkin, discard, butter, sugar, egg, and vanilla in a bowl.
3. Mix flour, baking soda, spices, and salt in another bowl.
4. Combine wet and dry ingredients. Fold in chocolate chips.
5. Scoop tablespoon-sized portions onto a baking sheet.
6. Bake 10–12 minutes until set. Cool on a wire rack.

Storage Tip

Store in an airtight container for up to 4 days or freeze.

Sourdough Tip

Discard adds moisture and complements the pumpkin's natural sweetness.

Make It Your Own

Add oats or chopped nuts for a chewier cookie.

Calories: 130 kcal per cookie



106. Summer Scones with Jam



Prep: 15 mins



Cook: 18 mins



Servings: 8 scones

Ingredients

- 1/2 cup sourdough discard
- 1/4 cup cold butter, cubed
- 2 tbsp sugar
- 1 3/4 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2/3 cup milk or plant-based alternative
- 1 tsp vanilla extract
- Optional: lemon zest or dried fruit
- To serve: your favorite seasonal jam

Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment.
2. Combine flour, sugar, baking powder, and salt in a large bowl.
3. Cut in cold butter until mixture resembles coarse crumbs.
4. Stir in sourdough discard, milk, and vanilla until combined.
5. Turn onto a floured surface and shape into a round disc. Cut into eight wedges.
6. Place scones on a baking sheet for 15–18 minutes until golden.
7. Cool slightly and serve with jam.

Storage Tip

Store in an airtight container for up to 2 days. Reheat for best texture.

Sourdough Tip

Discard improves scone rise and gives a soft, tangy finish.

Make It Your Own

Add blueberries or swap jam for clotted cream.

Calories: 220 kcal per scone



107. Ginger Swirl Roll



Prep: 20 mins



Cook: 25 mins



Servings: 10 slices

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup warm milk
- 2 tbsp butter, melted
- 1 egg
- 2 tbsp sugar
- 1/2 tsp salt
- 2 cups all-purpose flour
- 1 tsp instant yeast (optional for quicker rise)
- 2 tbsp brown sugar (for filling)
- 1 tbsp ground ginger
- 1 tbsp butter, softened (for filling)

Instructions

- 1.Mix milk, discard, melted butter, egg, sugar, and salt in a bowl.
- 2.Add flour and yeast (if using) and knead into a smooth dough.
- 3.Cover and let rise for 1 hour or overnight in the fridge.
- 4.Roll out the dough into a rectangle. Spread with softened butter.
- 5.Sprinkle with brown sugar and ginger.
- 6.Roll up tightly and place in a greased loaf pan or as a swirl on a baking sheet.
- 7.Let rise 30 minutes. Bake at 375°F (190°C) for 25 minutes until golden.
- 8.Cool slightly before slicing. Optional: drizzle with glaze.

Storage Tip

Store at room temperature for 2 days or refrigerate up to 4 days.

Sourdough Tip

Discard deepens the spice flavor and helps keep the roll soft.

Make It Your Own

Add chopped crystallized ginger or orange zest to the filling.

Calories: 210 kcal per slice



108. Autumn Apple Crumble



Prep: 15 mins



Cook: 35 mins



Servings: 6 servings

Ingredients

- 3 medium apples, peeled and sliced
- 1 tbsp lemon juice
- 2 tbsp maple syrup or honey
- 1/2 tsp cinnamon
- 1/2 cup all-purpose flour
- 1/4 cup rolled oats
- 1/4 cup brown sugar
- 1/4 cup butter, cold and cubed
- 1/4 cup sourdough discard
- Pinch of salt

Instructions

1. Preheat oven to 375°F (190°C).
2. Toss apple slices with lemon juice, syrup, and cinnamon. Spread in a baking dish.
3. Mix flour, oats, sugar, and salt in a bowl.
4. Cut in butter until crumbly, then stir in sourdough discard to form moist crumbs.
5. Sprinkle topping evenly over apples.
6. Bake 30–35 minutes until golden and bubbly.
7. Cool slightly and serve warm, optionally with ice cream or yogurt.

Storage Tip

Store covered in the fridge for up to 3 days. Reheat before serving.

Sourdough Tip

Discard creates tender, flavorful crumbles with a light tang.

Make It Your Own

Add chopped walnuts or cranberries for texture and seasonal flair.

Calories: 260 kcal per serving

