

SOUR DOUGH INFO

Breadmakers
Store

Were you aware of the following facts about SOUR DOUGH?

Sourdough is a naturally grown yeast. It is very high in natural bacteria that aids in digestion. Sourdough is suitable for most people. Teamed with Bio Dynamic, Organic, Stone ground Flour or Spelt Flour, it makes a lovely tasting loaf that is both good for you and aids digestion. It eliminates bloating in most people.

It takes between 3-10 days to make a sourdough starter. There is only essentially 3 ingredients in the whole process. Sourdough bread is very simple to make. It is not suitable to bake in a breadmaker due to the activation time of the yeast. Although you can still mix it on a dough cycle. People who suffer from Meiner's Disease can have this bread. It is very low in sodium. It only has 1 tspn per a kilo loaf!

Yeast allergies:

As the genetic makeup of SOURDOUGH is different from dried yeast, it is a type of yeast that many people who are sensitive to yeast can tolerate even though it essentially still yeast. **SOURDOUGH is not yeast free, so consult your healthcare professional first.**