

Sourdough Starter Flakes

a gift to you from-



-Bridging the gaps to health and happiness!

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Sprinkle dried starter flakes into
purified water. Cover with wax
paper, or breathable covering.
Let set until hydrated. Add
fresh ground flour to water
and flakes. Stir vigorously.
Cover, let set several hours,
Repeat stirring in flour/water
daily for 2-3 days, until bubbly.
Replenish in same way, in
same, or new jar after using up.
Second time should be faster.


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