**THM Sourdough Caramel Rolls (XO)**

These rolls are cooked similar to an upside-down cake.

**Caramel Sauce:**

* 4 tbsp butter
* 4 tbsp almond milk
* 2 tbsp coconut oil
* ½ cup gentle sweet
* ½ tsp caramel extract
* ½ tsp salt

First, melt coconut oil in a small bowl. Add in the almond milk. Combine milk mixture, butter, and gentle sweet and cook over medium-low heat until bubbly, slightly thickened, and lightly browned. Remove from the heat and add the salt and extract. Pour into baking dish.

**Dough:**

* 1 cup ACTIVE starter
* 2 cups white whole wheat flour (plus more until dough is correct consistency)
* 1/4 cup melted butter (coconut oil would work too)
* 1 egg
* 1 tbps THM Super Sweet (or sweetener equal to 1/4 - 1/3 cup sugar)
* 1 tsp sunflower lecithin (optional)
* 1 tsp salt
* 3/4 cup water

Mix all ingredients together. Continue adding flour until the dough comes together into a ball and is only a little bit sticky. Knead in your mixture for a few minutes.

Remove dough from mixing bowl. Flour the counter and roll dough into a rectangle about 1/4 inch thick.

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**Cinnamon Mixture:**

Mix everything together and then spread onto the dough rectangle:

* 3 tbsp melted butter (or coconut oil)
* 2 tbsp THM super sweet (or sweetener equal to 1/3 cup sugar)
* 6 doonks pure stevia
* 1 tsp blackstrap molasses
* 2 tsp cinnamon
* 1/2 tsp vanilla

Roll up dough rectangle. Cut into pieces about 1 inch wide. Place into baking dish on top of caramel sauce. Cover and let rise overnight...or all day.

Bake at 350 degrees for about 35 minutes.

Once cooked, flip onto a flat dish and cool.

**Sourdough English Muffins**

**Ingredients**

**Souring:**

* 1/2 cup [sourdough starter](https://traditionalcookingschool.com/food-preparation/recipes/free-video-make-a-sourdough-starter-the-science-of-it/)
* 1 cup liquid such as water, milk, fermented dairy, or coconut milk\*
* 2 cups flour of choice\*\*

**Finish**

* 1 teaspoon [baking soda](https://www.amazon.com/Arm-Hammer-Baking-Soda-Lbs/dp/B00HNSJSX2/ref=as_li_ss_tl?ie=UTF8&qid=1534968889&sr=8-4&keywords=baking+soda&dpID=51Hcm3Ui7yL&preST=_SY300_QL70_&dpSrc=srch&linkCode=sl1&tag=g0c0d-20&linkId=792391ee113c0c1e05b9f0ac8847f5ed&language=en_US)
* 1 tablespoon [raw honey](https://www.amazon.com/gp/search/ref=as_li_qf_sp_sr_il_tl?ie=UTF8&camp=1789&creative=9325&index=aps&keywords=raw%20honey&linkCode=as2&tag=g0c0d-20&linkId=5ILUIMU3ETAV5HFC) or other sweetener, optional
* 3/4 to 1 teaspoon [sea salt](https://traditionalcookingschool.com/redmond)
* [add-ins](http://tradcookschool.com/thmchocchips) seeds, dried fruit, chopped nuts, etc. (optional)\*\*\*

**Instructions**

**Souring:**

1. Combine sourdough starter and liquid of choice into medium sized bowl.
2. Stir to combine.
3. If your starter is very stiff, feel free to add an extra 1/4 cup or so of liquid.
4. Once combined, add flour to mixture. Stir well to combine.
5. Add ground flaxseed, poppyseeds or caraway seeds at this point so they can sour along with the rest of the dough.
6. Cover and let dough sit 8-24 hours.

**Finish:**

1. In the morning, sprinkle salt and baking soda on top of soured dough.
2. Drizzle in honey, if using.
3. Then, use a wooden spoon to push/cut/stir in the newly-added ingredients. It doesn't have to be perfect.
4. Dust work surface with flour, or pour about a tablespoon of olive oil onto the counter, spread it around, and rub your hands together.
5. Dump dough onto the flour or oiled spot, and knead for 2 to 3 minutes. You want to thoroughly incorporate the salt, baking soda and honey.
6. Then separate dough into 8 equal portions with a pizza cutter.
7. Dust hands with flour. Pick up each portion and gently shape it into a muffin. I aim for about 1 finger thick and 2 1/2 inches wide.
8. Place muffins on a lightly floured, cornmeal-ed, or greased sheet of wax paper or parchment paper.
9. Cover with a dish towel and let rest for 45 minutes to 1 hour.
10. About 5 minutes prior to baking muffins, preheat griddle or skillet to medium heat.
11. Carefully transfer muffins to griddle or skillet and cook approximately 5 minutes per side.
12. If the outside edge of your muffin isn't as done as you'd like after the 5 minutes for each side, pop into a 350 degree Fahrenheit oven for 5 to 10 minutes.
13. When cooked through, transfer to a cooling rack.

**Blueberry Sourdough Muffins (E)**

Souring:

* 3/4 cup plain yogurt
* 1/4 cup sourdough starter
* 1-1/4 cup whole wheat flour

Baking:

* 1 egg
* 2 Tbs gentle sweer
* 1/4 teaspoon sea salt
* 1 teaspoon vanilla extract
* 1/2 cup apple sauce
* 1 teaspoon baking powder
* 1/2 teaspoon baking soda
* 1/2 cup blueberries

**Instructions:**

Make the sponge.

In a small bowl, stir together the yogurt and sourdough starter. Add whole wheat flour and stir.

Cover the bowl with a cloth and set aside to sour for at least 8 hours or overnight.

In the morning, preheat oven to 375F.

Grease 12 muffin cups or line them with paper liners.

In a medium sized bowl, whisk together the egg, gentle sweet, vanilla, blueberries, salt, and coconut oil or butter. Put the soured batter on top of this mixture and stir to incorporate.

Sprinkle the baking soda and baking powder on top of the dough and mix well.

Divide batter among the muffin cups (~1/4c) and top with a sprinkling of gentle sweet (optional).

Bake for 15 minutes or until a tester comes out clean. Larger muffins will take longer.

**Sourdough No Wait Muffins**

**Ingredients:**

* 2 cups ACTIVE sourdough starter
* 1 egg
* 2 tsp vanilla extract
* ¼ tsp sea salt
* ¼ cup unsweetened applesauce
* ½ cup gentle sweet
* 1 tsp baking soda
* Mix ins (see notes)

**Instructions:**

Preheat oven to 400℉. Add sourdough starter, egg, vanilla, salt and sweetener to mixing bowl and beat on low until combined. Add in mix-ins (unless otherwise noted below). Add in applesauce, mixing on low until combined. Add baking soda and mix on low until batter begins to bubble up and grow in size. Gently stir in remaining mix-ins.

Line muffin pan with silicone baking cups and add approximately 1/4 cup batter to each muffin cup, filling about 3/4 full.

Bake for 15 minutes, or until a toothpick poked into the center comes out clean.

**NOTES**

* **Blueberry Muffins (E):** Add 1/2 tsp. [almond extract](https://everydayfull.com/almond_extract) at step 2,and 1/2 cup fresh or frozen blueberries at step 5.
* **Carrot Cake Muffins (E):** Add 1/2 cup grated carrots at step 2, 1 tsp [cinnamon](https://everydayfull.com/cinnamon), and 1 tsp lemon zest at step 5.
* **Chocolate-Chocolate Chip Muffins (XO):** Add 1/4 cup [cocoa powder](https://everydayfull.com/cocoapowder) at step 2, and 1/2 cup [chocolate chips](https://everydayfull.com/chocolatechips) at step 5. Use the full 1/2 cup coconut sugar to offset the bitterness of the cocoa powder.
* **Chocolate Cheesecake Muffins (XO):** Add 1/2 cup [chocolate chips](https://everydayfull.com/chocolatechips) at step 5. Cube 4 tablespoons cream cheese and place a couple of cubes on top before baking. *Make chocolate-chocolate cheesecake muffins by adding 1/4 cup cocoa powder during step 1.*

**Continued…**

* **Lemon Poppy-seed Muffins (E):** Add 1 Tbs [poppy-seeds](https://everydayfull.com/poppyseeds), 2 tsp. [almond extract](https://everydayfull.com/almond_extract), 1 tsp lemon zest, or 5 drops [lemon essential oil](http://www.planttherapy.com/lemon-essential-oil) at step 2*.*
* **Coconut Muffins (E):** Add 1/2 cup [shredded coconut](https://everydayfull.com/shredded_coconut) at step 5, and sprinkle shredded coconut on top before baking.
* **Pumpkin Pie Muffins (E):** Add 1/2 cup [pumpkin puree](https://everydayfull.com/pumpkin_puree) and 2 tsp pumpkin pie spice at step 2.
* **Banana Nut Muffins (XO):** Add 1/2 cup mashed, very ripe banana and 1 tsp. cinnamon at step 2,and 1/4 cup crushed walnuts, pecans or slivered almonds at step 5.
* **Zucchini Muffins (E):** Add 1 tsp cinnamon at step 2 and 1/2 cup grated zucchini at step 5*.*
* **Apple, Carrot, Zucchini Muffins (E):** Add 1 tsp cinnamon at step 2*,*grate 1/4 cup apple, 1/4 cup carrot, and 1/4 cup zucchini and squeeze out as much moisture as possible, allowing to strain for 5-10 minutes. Once you have squeezed out as much liquid as possible, add during step 5.
* **Cinnamon Raisin Muffins (E):** Add 2 tsp cinnamon at step 2and 1/2 cup raisins at step 5*.*
* **Raspberry Lemon Muffins (E)**: Add 1 tsp of lemon zest, or 5 drops of lemon essential oil at step 2. Add ½ cup of fresh or frozen raspberrys at step 5.

**Sourdough Banana Bread (E)**

**Ingredients:**

* 1/2 cup applesauce
* ½ cup gentle sweet
* 1 egg
* 1 tsp. vanilla extract
* 1 cup [fresh sourdough starter](https://www.culturesforhealth.com/learn/sourdough/how-to-make-fresh-sourdough-starter/)
* 2 bananas, mashed
* 2 cups flour
* 1 tsp. salt
* 1/2 tsp. baking soda

**Instructions:**

In a large mixing bowl, beat together applesauce, sweetener, egg, and vanilla.

Add in starter and mashed bananas.

In a separate bowl, combine flour, salt, and baking soda. Combine dry and wet mixtures, do not over mix.

Pour the batter into a greased bread tin, place into a cool oven.

On the bottom wrack, place a pie tin and fill with boiling water. Close the oven door and allow to sit for 8 hours.

After fermentation, remove bread from the oven and preheat to 350F. Bake for 1 hour, or until a toothpick inserted in the center comes out clean.

**Cinnamon Crunch Sourdough Bread (XO)**

**Bread:**

* 2 cups of active sourdough starter
* 3 1/3 cup flour
* 1 – 1 ½ cup water
* 1 Tbsp. salt
* 1 tsp Sunflower Lecithin
* 2 tsp cinnamon
* 2 tsp vanilla
* 1 ½ cup cinnamon chips
* 2 Tbsp flour

**Topping:**

* ¼ cup gentle sweet
* ¼ tsp black strap molasses
* 1/8 tsp salt
* 2 Tbsp water
* 3 Tbsp almond milk
* 1 Tbsp coconut oil
* 2 tsp vanilla extract
* 1 Tbsp cinnamon

**Instructions:**

Combine sourdough starter, water, salt, lecithin, cinnamon, and vanilla in a large stand mixer bowl. With a dough hook running on low, slowly add in the flour until you reach a sticky dough that does not stick to the sides of the bowl.

Coat cinnamon chips in 2 tbsp of flour. Add into the bread mixture. Allow to knead on low for 5 minutes.

Place dough into a greased bread pan. Rub a small amount of oil on the surface.

Place onto the top rack of a cool oven with a pie pan of boiling water on the bottom rack.

Allow to ferment for 8 – 12 hours.

Make the cinnamon crunch topping! Combine all ingredients except for the cinnamon in a saucepan. Cook on medium until carmalized (or bubbly). Pour onto a parchment paper lines baking sheet and allow to cool.

Break apart carmalized mixture and place into a food processor with the cinnamon. Pulse until well mixed with chunks.

Once fermented, remove from oven and top with the crunch mixture, place back into the cold oven. Turn oven to 400F and allow to cook for 40 minutes.

Remove from oven and allow to cool on a wire rack.

**Raspberry Lemon Sourdough Muffins (THM E)**

Makes 8 large muffins

**Ingredients:**

* 2 cups ACTIVE sourdough starter
* 3 Tbsp egg whites
* 1 tsp vanilla extract
* 1 tsp lemon extract
* ¼ tsp mineral salt
* ¼ cup unsweetened applesauce
* ½ cup THM Gentle Sweet (or ½ tsp pure stevia)
* 1 tsp aluminum free baking soda
* ¼ cup fresh or frozen raspberries (I like to do a mix of black and red)

**Instructions:**

Preheat oven to 400℉. Grease a muffin tin with cooking spray.

Add sourdough starter, egg whites, extracts, salt and sweetener to mixing bowl and beat on low until combined. Add in applesauce, mixing on low until combined. Add baking soda and mix on low until batter begins to bubble up and grow in size. Gently fold in the raspberries.

Pour the mixture into the muffin tin, filling each cup about ¾ of the way.

Bake for 15 minutes, or until a toothpick poked into the center comes out clean.

Allow to cool for 2 minutes, then remove muffins from tin and allow them to fully cool on a rack.