

# ARTISAN SOURDOUGH BREAD

## INGREDIENTS

- 3 c. water
- 1 c. sourdough starter
- 1 tsp. salt
- 3 c. bread flour
- 3 c. whole wheat flour

## INSTRUCTIONS

1. In a large bowl, mix together starter, water, and salt until well-combined.
2. Stir in both types of flour until mixed well.
3. Cover and let sit for 12-18 hours until dough has risen to its peak (if dough begins to fall, proceed quickly to the next step!). A cooler kitchen will need more time.
4. Pour dough onto a floured surface, then divide in two and place into two greased and floured ceramic dishes. Allow to rise another 4-5 hours.
5. Cover with foil and bake at 450 degrees Fahrenheit for 30-40 minutes. Remove foil and bake an additional 15 minutes. Once fully baked, bread will sound hollow when you tap on it.

Serves 18 - Serving Size: 1 slice - Nutrients per serving: 154 calories -- 60 total fat -- 0g saturated fat -- 0mg cholesterol -- 133mg sodium -- 32g total carbohydrates -- 0g sugar -- 3g fiber -- 6g protein -- [www.peasandhoppiness.com](http://www.peasandhoppiness.com)

