



S O U R D O U G H P A N C A K E S

Ingredients:

- 2 cups of starter discard (approximately 450g)
- 2 eggs
- 2 tbsp honey
- 1/2 tsp salt
- 1 tsp baking soda
- 1/4 cup coconut oil



Instructions:

1. Take all of your discard from your regular feeding and put it in a new container. Feed with equal weights of flour and water. You may need to do this twice to get 2 cups (450 grams).
2. In a large mixing bowl, mix everything except the baking soda.
3. Add the baking soda and continue to mix.
4. Cook on regular pancake griddle - flipping only once.