

Lazy Sourdough Starter

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/scandinavian-rye-seed-sourdough-recipe-starter>

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 tablespoon active dry yeast
- 2 cups warm water
- 1 1/2 cups sourdough starter lazy
- 1/2 cup all purpose flour
- 3/4 teaspoon salt
- 1/2 teaspoon baking soda
- 2 tablespoons sugar
- 2 eggs
- 2 tablespoons butter melted
- 1 apple washed

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 82 grams
3. Cholesterol: 120 milligrams
4. Fat: 10 grams
5. Fiber: 7 grams
6. Protein: 16 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 810 milligrams
9. Sugar: 12 grams

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