

Sourdough Starter

Yield: 3 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/sourdough-starter-recipe-south-africa>

Ingredients:

- 1/4 ounce active dry yeast
- 2 cups warm water
- 2 cups all-purpose flour

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 64 grams
3. Fat: 1 grams
4. Fiber: 3 grams
5. Protein: 9 grams
6. Sodium: 10 milligrams

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