



## 25% WHOLE GRAIN BLEND SOURDOUGH

YIELDS: 2 LOAVES

This sourdough is made with a 25% blend of both sprouted and regular whole grains - sprouted whole wheat, spelt, and rye - for a nutritious and filling loaf of bread. Thank you to one of our pro partners, Brendan Rivison, for sharing this delicious recipe with easy to follow step-by-step directions!



### *Ingredients*

- 675g Anita's Organic All Purpose Flour
- 90g Anita's Organic Sprouted Whole Wheat
- 90g Anita's Organic Whole Grain Spelt
- 45g Anita's Organic Whole Grain Rye
- 630g water
- 135g levain
- 18g salt

### *Instructions*

#### OVERNIGHT - LEVAIN BUILD

1. 6:30am - Mix everything together.
2. 7:15am - Stretch and fold the dough.
3. 8:15am - Laminate the dough.
4. 4:45pm - Coil fold the dough.
5. 5:45pm - Coil fold the dough again.
6. 9:00pm - Divide in two and preshape the dough.
7. 9:20pm - Shape into bannetons then place in fridge overnight.

#### THE NEXT MORNING

8. 6:30am - Preheat bread pan (we use Challenger Breadware Pans) to 500F.
9. 7:15am Bake @ 450 for 20 minutes (lid on) then 20 minutes with the lid off.
10. Remove from oven and let cool before slicing.

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