

NEW!

GLUTEN-FRIENDLY

# Sourdough

WRAPS OR TORTILLAS  
RECIPE



the source  
BULK FOODS

# SOURDOUGH GLUTEN-FRIENDLY WRAPS OR TORTILLAS

(V, GF, FODMAP FRIENDLY)

Serving: 6 - 10 wraps

## INGREDIENTS

### SMALL SERVE

330g warm water  
150g gluten-free sourdough starter (1 flour:1 water), active  
330g Easy Bake Gluten-Friendly Bread Mix  
2 tbs extra virgin olive oil  
1 tsp raw sugar or rice malt (optional)  
Rice flour for dusting

### FAMILY SERVE

500g warm water  
200g gluten-free sourdough starter (1 flour:1 water), active  
500g Easy Bake Gluten-Friendly Bread Mix  
3 tbs extra virgin olive oil  
1 tsp raw sugar or rice malt (optional)  
Rice flour for dusting

---

## METHOD

In a large bowl, combine all ingredients. Mix well by hand or electric mixer until thoroughly combined (5 minutes), scrape down the sides regularly.

Let the dough stand to rise for 15 minutes.

Shape the dough into a ball and let rise in a covered bowl or container for a further 2 - 3 hours or alternatively, keep the dough in the fridge for up to 24 hours (bring to room temperature 1 hour prior to use).

Divide the dough into 100-150g portions and shape into balls. Dust generously with rice flour.

Using a rolling pin, roll one dough ball to a thickness of 2mm in between two sheets of baking paper.

Peel the top sheet of baking paper and repeat the process for the rest of the dough balls.

Prepare a heavy skillet pan and heat on medium for a few minutes until it is hot but not smoky.

Cook the wrap evenly on both sides until blistered and golden brown. Do not overcook so that the wrap remains soft and flexible.

Transfer the warm wraps one by one straight into a thick tea towel and cover tightly. This will keep the wrap warm, soft and flexible.

Cooked wraps can be frozen and thawed, ready for use, making them very convenient to keep in the freezer.

# NEW! GLUTEN-FRIENDLY Sourdough

PIZZA  
RECIPE



the source  
BULK FOODS

# SOURDOUGH GLUTEN-FRIENDLY PIZZA

(V, GF, FODMAP FRIENDLY)

Serving: 4 - 6 piece pizza

## INGREDIENTS

### SMALL SERVE

330g warm water  
150g gluten-free sourdough starter (1 flour:1 water), active  
330g Easy Bake Gluten-Friendly Bread Mix  
2 tbs extra virgin olive oil  
1 tsp raw sugar or rice malt (optional)  
Rice flour for dusting

### FAMILY SERVE

500g warm water  
200g gluten-free sourdough starter (1 flour:1 water), active  
500g Easy Bake Gluten-Friendly Bread Mix  
3 tbs extra virgin olive oil  
1 ½ tsp raw sugar or rice malt (optional)  
Rice flour for dusting

---

## METHOD

In a large bowl, combine all ingredients. Mix well by hand or electric mixer until thoroughly combined (5 minutes), scrape down the sides regularly.

Let the dough stand to rise for 15 minutes.

Shape the dough into a ball and let rise in a covered bowl or container for a further 2 - 3 hours or alternatively, keep the dough in the fridge for up to 12 hours (bring to room temperature 1 hour prior to use).

Preheat oven to 225°C - 250°C on pizza setting or fan-forced.

Divide the dough into 150g - 200g portions and shape into balls. Dust generously with rice flour.

Using a rolling pin, roll one dough ball to a thickness of 2mm - 3mm in between two sheets of baking paper.

Peel the top sheet of baking paper.

Add desired topping, do not add too many wet ingredients as this will make for a soggy pizza.

Bake in preheated oven for 20 - 30 minutes or until golden brown.

Pizza Bianca: Mist or drizzle your rolled pizza dough with extra virgin olive oil, scatter some chopped rosemary and sea salt flakes.

Cooked pizza can be frozen and reheated without thawing. Baking time will be 5 - 10 minutes longer than fresh pizza dough.

NEW!

GLUTEN-FRIENDLY

# Sourdough

## CINNAMON SCROLL RECIPE



the source  
BULK FOODS

# SOURDOUGH GLUTEN-FRIENDLY CINNAMON SCROLLS

(V, GF, FODMAP FRIENDLY)

Serving: 8 - 10 buns

## INGREDIENTS

250g room-temperature water  
325g plant based or dairy full cream milk  
250g gluten-free sourdough starter (1 flour: 1 water), active  
500g Easy Bake Gluten-Friendly Bread Mix  
1 ½ tbs apple cider vinegar  
50g raw sugar or coconut sugar  
Rice flour for dusting

### Cinnamon, Brown Sugar & Butter Mixture

125g butter (vegan or dairy)  
125g soft brown sugar or coconut sugar  
1 tbs cinnamon powder

---

## METHOD

In a large bowl, combine all ingredients. Mix well by hand or electric mixer until thoroughly combined (5 minutes), scrape down the sides regularly.

Chill dough in a covered container in fridge for 4 hours or overnight.

Dust a silicone mat or baking paper with rice flour and place the chilled dough on the mat/baking paper.

Cover the dough with another piece of baking paper and use a rolling pin to roll the dough into a rectangle of 1 cm thickness. Mist the dough with water.

Combine ingredients for the Cinnamon Filling together to create a paste. Spread Cinnamon Filling mixture evenly across the dough.

Using the silicone mat or baking paper as a guide, roll the dough tightly into a 'Swiss roll'.

Wrap the dough with baking paper and carefully transfer it to the freezer for half an hour to firm up.

Using a serrated knife, slice the roll into 2.5cm thick scrolls.

Arrange scrolls, touching each other, on lined baking trays. Generously mist with water and leave to rise for 30 minutes.

Bake in a preheated, fan-forced 210°C oven for 15 minutes.

Reduce heat to 165°C and bake for a further 25 - 30 minutes until golden brown on the top.

Brush tops of buns with melted butter or drizzle runny vanilla icing over the top. Enjoy fresh from the oven.

Scrolls that haven't been iced freeze and thaw well. Once thawed, brush with water and reheat for 10 - 15 minutes in 180°C preheated oven for optimum flavour.



NEW!

GLUTEN-FRIENDLY

# Sourdough

## LAVOSH CRACKERS RECIPE



the source  
BULK FOODS

# SOURDOUGH GLUTEN-FRIENDLY LAVOSH CRACKERS

(V, GF, FODMAP FRIENDLY)

## INGREDIENTS

### SMALL SERVE

250g warm water  
330g Easy Bake Gluten-Friendly Bread Mix  
50g extra virgin olive oil  
50g gluten-free sourdough starter (1 flour: 1 water), active  
120g seeds of choice  
Rice flour for dusting  
Salt flakes

### FAMILY SERVE

380g warm water  
500g Easy Bake Gluten-Friendly Bread Mix  
75g extra virgin olive oil  
80g gluten-free sourdough starter (1 flour: 1 water), active  
180g seeds of choice  
Rice flour for dusting  
Salt flakes

---

## METHOD

In a large bowl, combine all ingredients. Mix well by hand or electric mixer until thoroughly combined (5 minutes), scrape down the sides regularly.

Let the dough stand to rise for 15 minutes.

Divide the dough into 200 - 250g portions and shape into balls. Dust generously with rice flour.

Using a rolling pin, roll one dough ball to a thickness of 1 - 2mm, in between two sheets of baking paper.

Peel the top sheet of baking paper and repeat the process for the rest of the dough balls.

Sprinkle rolled dough with sea salt flakes and lightly press with rolling pin. Score the rolled dough to shape of choice.

Preheat oven to 160°C, fan forced.

Bake crackers for 30 - 35 minutes or longer until they are golden brown and crisp when cooled. Baking time will vary depending on the thickness of the crackers.

If they are not crisp enough after cooling, re-bake for an extra 10 - 15 minutes, taking extra care not to burn.

Crackers will keep in an airtight container for one month.

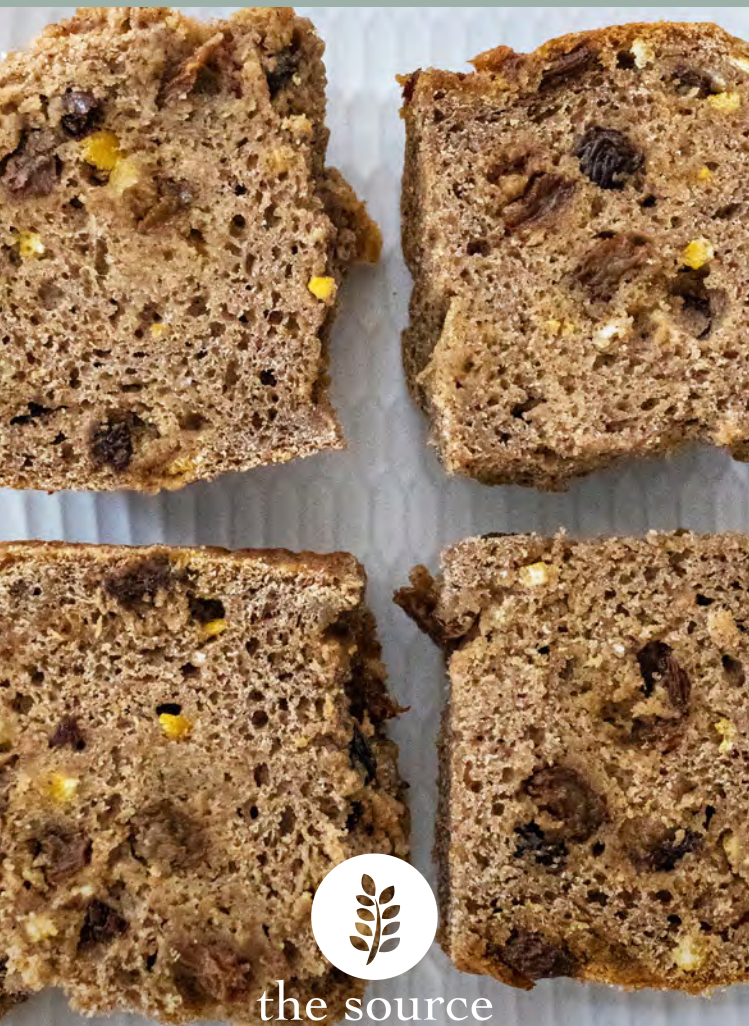


NEW!

GLUTEN-FRIENDLY

# Sourdough

## FRUIT BUNS RECIPE



the source  
BULK FOODS

# SOURDOUGH GLUTEN-FRIENDLY FRUIT BUNS

(V, GF, FODMAP FRIENDLY)

Serving: 12 - 14 buns or 1 loaf

## INGREDIENTS

600g room-temperature water  
250g gluten-free sourdough starter (1 flour:1 water), active  
500g Easy Bake Gluten-friendly Bread Mix  
1 ½ tbs mixed spice or cinnamon  
80 - 100g raw sugar, rapadura or coconut sugar  
50g butter (vegan or dairy)  
2 tsp grated lemon or orange zest, or 2 drops food grade lemon essential oil  
150 - 200g dried fruit

---

## METHOD

In a large bowl, combine all ingredients, except dried fruit. Mix well by hand or electric mixer until thoroughly combined (5 minutes), scrape down the sides regularly.

Chill dough in a covered container in fridge for 1 - 2 hours.

Using oiled hands, mix dried fruit through dough. Shape into buns (100 - 120g portions). Arrange buns close to each other on lined baking tray.

For loaf: Scoop or using oiled hands, shape dough and put into a lined loaf tin.

Brush top of buns or loaf generously with water.

Allow dough to rise in a covered container until almost doubled in size (timing will vary).

Do not over-rise.

Bake in a preheated fan-forced 220°C oven for 15 minutes.

Reduce heat to 160°C and bake for a further 30 - 35 minutes for buns and 50 - 60 minutes for a loaf. The inner temperature should reach 100°C.

Brush tops of buns with melted butter or warm smooth apricot jam for a delicious soft crust. Enjoy fresh from the oven.

Buns freeze and thaw well. Once thawed, brush with water and reheat for 10 - 15 minutes in 180°C preheated oven for optimum flavour.

NEW! GLUTEN-FRIENDLY

# Sourdough

BREAD  
RECIPE



the source  
BULK FOODS

# SOURDOUGH GLUTEN-FRIENDLY BREAD

(V, GF, FODMAP FRIENDLY)

Serving: 10 - 15 slices or 5 - 6 buns

## INGREDIENTS

### SMALL LOAF

400g room-temperature water

200g gluten-free sourdough starter (1 flour:1 water), active

330g Easy Bake Gluten-Friendly Bread Mix

### REGULAR LOAF

600g room-temperature water

300g gluten-free sourdough starter (1 flour:1 water), active

500g Easy Bake Gluten-Friendly Bread Mix

---

## METHOD

In a large bowl, combine ingredients. Mix well by hand or electric mixer until thoroughly combined (5 minutes), scrape down the sides regularly.

Let the mixture stand to rise for 15 minutes.

For loaf: Scoop or using oiled hands, shape dough and put into a lined loaf tin.

For buns: Using oiled hands shape, into buns (100 - 120g portions). Arrange buns close to each other on a baking tray.

Brush top of dough generously with water, sprinkle seeds if desired and put inside a closed container.

Allow dough to rise until almost doubled in size (time will vary).

Do not over-rise.

Bake in a preheated fan-forced 220°C oven for 20 minutes.

Reduce heat to 165°C and bake for a further 25 - 30 minutes for buns; 40 - 50 minutes for a small loaf; and 50 - 60 minutes for a regular loaf. Inner temperature should reach 100°C.

Cool completely prior to slicing. Keeps fresh and soft for a few days in closed container. Bread freezes and thaws well.

### Notes:

One to two tablespoons sweetener (sugar, coconut sugar, rice malt, maple syrup) can be added for a sweeter loaf.

One to two tablespoons extra virgin olive oil or any vegetable oil can be added for a soft crust.



NEW!

GLUTEN-FRIENDLY

# Sourdough

## SUPER SEEDY BREAD RECIPE



the source  
BULK FOODS

# SOURDOUGH GLUTEN-FRIENDLY SUPER SEEDY BREAD

(V, GF, FODMAP FRIENDLY)

Serving: 10 - 14 slices or 5-6 buns

## INGREDIENTS

### SMALL LOAF

400g room-temperature water  
200g gluten-free sourdough  
starter (1 flour:1 water), active  
330g Easy Bake Gluten-Friendly  
Bread Mix  
25g chia seed  
25g linseed  
25g pepita seeds  
25g sunflower seeds

### REGULAR LOAF

600g room-temperature water  
300g gluten-free sourdough  
starter (1 flour:1 water), active  
500g Easy Bake Gluten-Friendly  
Bread Mix  
35g chia seed  
35g linseed  
35g pepita seeds  
35g sunflower seeds

### For a European flavour add:

1 tbs molasses, dark brown or  
rapadura sugar  
1 tbs caraway or fennel seeds,  
or a mix of both

2 tbs molasses, dark brown or  
rapadura sugar  
2 tbs caraway or fennel seeds,  
or a mix of both

---

## METHOD

In a large bowl, combine all ingredients. Mix well by hand or electric mixer until thoroughly combined (5 minutes), scrape down the sides regularly.

Let the mixture stand to rise for 15 minutes.

For loaf: Scoop or using oiled hands, shape dough and put into a lined loaf tin.

For buns: Using oiled hands, shape into buns (100 - 120g portions). Arrange buns close to each other on a baking tray.

Brush top of dough generously with water, sprinkle seeds if desired and put inside a closed container.

Allow dough to rise until almost doubled in size (timing will vary).

Do not over-rise.

Bake in a preheated fan-forced 220°C oven for 20 minutes.

Reduce heat to 165°C and bake for a further 20 - 25 minutes for buns; 35 - 40 minutes for a small loaf; and 45 - 50 minutes for a regular loaf. Inner temperature should reach 100°C.

Cool completely prior to slicing. Keeps fresh and soft for a few days in closed container. Bread freezes and thaws well.

### Notes:

One to two tablespoons extra virgin olive oil or any vegetable oil can be added for a soft crust.

Other variations include sesame or poppy seed, cracked or puffed brown rice, buckwheat or quinoa.