

Gluten-Free Simple Sourdough Digital Shopping List



BIRDIE



HANDMADE

Ingredients for both pancakes and bread

- [Authentic Foods Brown Rice Flour](#) (best brand, important for best results) Can use Anthony?.
- [Authentic Foods Sorghum Flour](#)
- [Anthony's Oat Flour](#)
- [Authentic Foods Potato Starch](#)
- Authentic Foods Tapioca Starch ([Bob's Red Mill](#))
- [Yerba Prima Psyllium Husk Powder](#) (must be this product)
- Flaxseeds ([Terrasoul Superfoods](#)) (will need to be ground)
- Fine natural salts like [Redmond Real salt](#) or fine sea salt
- Almond Flour ([Wellbee's Super Fine Almond Flour](#))
- Cassava Flour
- Whole milk or coconut milk (*I use raw local milk*)
- Egg
- Baking soda
- Raw local honey
- Vanilla(opt)

Equipment

- Digital scale weighing in grams: I use [My Weigh](#) scale/[OXO scale](#)
- Glass jar about 32oz
- Rubber spatula
- Glass or ceramic mixing bowls
- [7" Proofing boule banneton](#) OR 7" round bowl lined with tea/flour sack towel
- Scoring utensil such as a razor blade
- Enamel or cast iron dutch oven/[combo cooker](#) safe to 500°

I have only linked to the specific ingredient products I have purchased, used, and found satisfactory. There are affiliate links that help support more recipe creation, thank you! If you would like to avoid Amazon, shop [Authentic Foods here](#) (not an affiliate).