

# Fruit and Nut Sourdough Discard Crackers

*For the FULL Lasagna Trio Pan*

## Main Dough:

- 1 1/3 cups sourdough starter (*active or discard, about 300 g*)
- 3 cups milk (*or water, 690-720 g*)
- 1/3 cup honey (*120 g*)
- 1/3 cup oil (*80 g*)
- 6 1/2 cups all-purpose flour (*775 g*)
- 2 tbsp baking powder (*20 g*)
- 1 tbsp salt (*15 g*)
- Optional Spice Blend
- 8-9 cups choice blend of dried fruit + chopped nuts

## Optional Spice Blend:

- 2 tsp cinnamon
- 1 tsp ginger
- 1/2 tsp nutmeg
- 1/2 tsp cloves

## Example Dried Fruit + Nut Blend:

- 2 cups chopped pecans
- 2 cups walnuts
- 1 1/2 cups gold raisins
- 1 1/2 cups cranberries
- 1 1/2 cups dried cherries

## Directions:

- 1) Preheat oven to 375 F; grease lasagna trio pan.
- 2) Combine starter, milk, honey, and oil in a (very) large bowl.
- 3) In a medium bowl, combine flour, baking powder, salt, and optional spice blend.
- 4) In a third, large bowl, combine your choice blend of dried fruit + chopped nuts.
- 5) Add flour mixture to liquid mixture; mix until combined.
- 6) Stir in the dried fruit + chopped nut blend.
- 7) Divide equally into the three sections of the lasagna trio pan.

- 8) Bake in preheated, 375 F, oven for 40-50 minutes, until a toothpick inserted comes out clean, or the mixture temps between 190-200 F.
- 9) Allow to cool completely, then wrap in plastic wrap and let them sit on the counter until the next day. (*Alternatively, these loaves are delicious straight out of the oven.*)
- 10) The next day, unwrap the loaves and slice into  $\frac{1}{8}$ - $\frac{1}{4}$  inch thick slices.
- 11) Place the slices on the rack of a dehydrator tray and dehydrate at 125-135 F for 8-12 hours (*depending on thickness and temperature*). Alternatively, you could bake these in your oven at the lowest setting until fully dry.
- 12) Allow to cool completely, then store and enjoy!
- 13) **How to store:** Make sure the crackers are cooled and that there is no moisture. These will store in an airtight container on the counter long-term, though they have never lasted more than 7-10 days in my home.

*For a SINGLE section of the lasagna trio pan, or three-four mini loaf pans*

Main Dough:

- ½ cup starter (*active or discard, about 100 g*)
- 1 cup milk (*or water, about 240 g*)
- 1.5 tbsp honey (*40 g*)
- 1.5 tbsp oil (*27 g*)
- 2 cups all-purpose flour (*240 g*)
- 2 tsp baking powder (*7 g*)
- 1 tsp salt (*5 g*)
- Optional Spice Blend
- 2 ½-3 cups choice blend of dried fruit + nuts

Optional Spice Blend:

- ¾ tsp cinnamon
- ½ tsp ginger
- ¼ tsp nutmeg
- ¼ tsp cloves

Example Dried Fruit + Nut Blend

- ¾ cup chopped pecans
- ¾ cup walnuts
- ½ cup gold raisins
- ½ cup cranberries
- ½ cup dried cherries