



GLUTEN-FREE SOURDOUGH

— INSTRUCTIONS —

Everything you need to activate,
feed, and bake tangy, fluffy
gluten-free sourdough.
Just add water and gluten-free flour.



THOUGHTFULLY
SOURCED



REAL FOOD.
REAL RESULTS.



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NOURISHING
TRADITIONS

YOUR COMPLETE STARTER GUIDE

Gluten-Free Sourdough, Made Simple

Activate a live starter, build it into a reliable baking culture, and keep it going for loaf after loaf.

**ABOUT 5 MINUTES
PER FEEDING**

**WARM SPOT
70-80°F**

**ACTIVE IN
3-7 DAYS**

THE RHYTHM

Combine → feed → feed → feed → discard & feed → repeat until bubbly

Use gluten-free brown rice flour and room-temperature, chlorine- and fluoride-free water. Follow the measurements and waiting windows exactly.

SET UP FOR SUCCESS

What You Need

Start with clean equipment and room-temperature ingredients. The culture performs best in a warm, stable environment.

**INGREDIENTS**

Gluten-free flour

Brown rice flour is recommended. Organic flour is preferred.

Water

Free of chlorine and fluoride, such as bottled spring water.

Starter culture

One packet of dehydrated gluten-free sourdough culture.

EQUIPMENT

- One-quart glass jar
- Coffee filter or tight-weave cloth
- Rubber band
- Mixing utensil

Activation temperature

Keep the covered jar at 70-80°F (21-27°C).

FEEDING TIME CHANGES WITH TEMPERATURE**WARMER - NEAR 85°F (29°C)**

Feed around the 4-hour mark to help prevent hooch from developing.

COOLER ENVIRONMENT

Wait 8-12 hours so the culture has time to hydrate and feed on the fresh flour.

On the online instruction page, choose a 4-, 8-, or 12-hour reminder to match your space.

ACTIVATION GUIDE

Wake Up Your Starter

Complete each feeding in order. The reminder line marks the earliest point in each permitted feeding window.

**STEP 1**

Combine the starter

Add the entire packet of starter to 1 Tbsp. flour and 1 Tbsp. room-temperature water in a one-quart glass jar. Stir thoroughly. Cover with a coffee filter or other breathable material, secure with a rubber band, and culture in a warm place (70-80°F) for 4-8 hours.

LOOK FOR: bubbles between feedings. That is fermentation at work.

REMINDER: Check and feed in 4 hours. Use the online instruction page for calendar, email, or SMS reminders.

**STEP 2**

First feeding

After 4-8 hours, feed the starter an additional 2 Tbsp. flour and 2 Tbsp. water. Stir thoroughly.

CONSISTENCY: pancake batter. Add flour or water as needed.

REMINDER: Continue to Step 3 in 4 hours. Use the online instruction page for calendar, email, or SMS reminders.

**STEP 3**

Build the culture

After 4-8 hours, feed the starter with an additional 1/4 cup flour and 1/4 cup water. Stir thoroughly.

REMINDER: Continue to Step 4 in 4 hours. Use the online instruction page for calendar, email, or SMS reminders.

ACTIVATION GUIDE

Build Strength and Activity

The culture now receives larger feedings before settling into its repeating discard-and-feed cycle.

**STEP 4**

Increase the feeding

After 4-8 hours, feed the starter with an additional 1/2 cup flour and 1/2 cup water. Stir thoroughly.

REMINDER: Continue to Step 5 in 12 hours. Use the online instruction page for calendar, email, or SMS reminders.

**STEP 5**

Discard, then feed

After 12-24 hours, discard down to 1/2 cup starter. Feed the remaining starter with 1/2 cup water and 1/2 cup flour. Stir thoroughly.

REMINDER: Begin the next cycle in 4 hours. Use the online instruction page for calendar, email, or SMS reminders.

**STEP 6**

Repeat until active

Repeat Step 5 every 4-8 hours for 3-7 days. Continue until the starter has the consistency of pancake batter and is bubbling regularly within a few hours of feeding.

READY SIGNAL: reliable bubbles within a few hours after feeding. Your starter is activated and ready to use.

REMINDER: Set the next 4-hour feeding reminder until active. Use the online instruction page for calendar, email, or SMS reminders.

AFTER ACTIVATION

Use and Maintain Your Starter

Using Your Starter

To build up starter for a recipe, feed according to the recipe ratio, but do not discard as you go. It is ready to bake within 4 hours after the last feeding. Reserve at least 1/4 cup to continue maintaining.

On Your Counter

Frequent bakers: feed once every 24 hours.

1 part starter · 1 part water · 1 part flour

MEASURED BY VOLUME

In Your Fridge

Weekly or monthly bakers: feed every 5-7 days.

1 part starter · 1 part water · 1 part flour

MEASURED BY VOLUME

QUICK TROUBLESHOOTING

No bubbles yet	Keep the jar at 70-80°F, use suitable water, and continue the schedule.
Too thick or thin	Adjust gradually with a little water or gluten-free brown rice flour.
Grey liquid	The starter is hungry. Stir it in or pour it off, then feed.
Colored or fuzzy growth	Discard the starter and contact support. This indicates mold.

NEED HELP?

Email a photo of your jar plus your flour, water, temperature, and feeding times to info@culturesforhealth.com.

STARTER READY?

Make Something Delicious

Use your active starter or your discard in these gluten-free favorites. Tap a recipe title in the PDF to open the full recipe.



Everyday Gluten-Free Sourdough Sandwich Bread

Soft, sliceable bread for everyday sandwiches



Gluten-Free Sourdough Teff Injera

A naturally fermented, sponge-textured flatbread



Gluten-Free Cottage Cheese Pancakes

Protein-rich, tender breakfast pancakes



Gluten-Free Sourdough Pancakes From Discarded Starter

A delicious way to use every bit of discard

TOOLS YOU'LL NEED



Glass starter jar



Coffee filter or cloth



Rubber bands



Mixing utensils

YOUR STARTER CAN KEEP GOING

Reserve at least 1/4 cup after building up a recipe. Feed it on the counter every 24 hours, or refrigerate and feed every 5-7 days.

One packet. Endless gluten-free baking.