

Kefir Bread



A Leading Lady Solution

Makes 1 Loaf

Ingredients

- 2 cups of milk kefir
- 4 cups of spelt flour
- 1/2 tsp sea salt
- 1 Tbs of raw honey
- 1 Tbs of butter or tallow

Directions

1. Combine all ingredients in a food processor
2. Grease large loaf pan (or baking dish) with additional tallow or butter and dust with flour
3. Fill pan with bread dough and cover
4. Leave on counter for 24 hours.
5. Bake at 350 degrees for 45 mins. covered with an oven safe lid (may use aluminum foil. Just make sure aluminum is domed as to not touch the dough)
6. Remove lid or foil and bake an additional 15 mins

Notes

Enjoy with a drizzle of raw honey for a sweet treat!

