



# Kefir Bread

Makes 1  
Loaf

This recipe is as simple as it gets, but the results are anything but ordinary. The kefir soak gives the bread a slight tang and a tender texture, and the toppings make it a treat you'll look forward to. Let's get baking!

## Ingredients

- 2 cups milk organic kefir (homemade is best!)
- 4 cups organic spelt flour
- 1/2 tsp sea salt
- 1 Tbsp raw honey
- 1 Tbsp butter or tallow (plus extra for greasing)

## Prep (Overnight)

In a food processor, combine the kefir, spelt flour, sea salt, raw honey, and butter or tallow. Process until a sticky dough forms. Grease a large loaf pan (or baking dish) with additional butter or tallow, then dust with a little spelt flour to prevent sticking. Transfer the dough to the pan, cover with a clean cloth, and leave it on the counter for 24 hours to ferment.



## Directions

- After 24 hours, preheat your oven to 350°F.
- Cover the loaf pan with an oven-safe lid or dome aluminum foil (make sure the foil doesn't touch the dough). Bake for 45 minutes.
- Remove the lid or foil and bake for an additional 15 minutes to get a golden crust.
- Let the bread cool slightly, then slice and enjoy! Top with a drizzle of raw honey for a sweet treat, or warm it with a pat of butter or a smear of yogurt cheese for a savory bite.

## Tips (The Wise & Wild Way)

- If you don't have milk kefir, you can use homemade yogurt with live cultures, though kefir's higher probiotic content makes it ideal for fermentation.
- This bread freezes beautifully—slice it up, wrap individual pieces, and pop them in the freezer for a quick breakfast or snack.

