Insanely Good
LET'S EAT!

23 Easy Sourdough Discard Recipes

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If you're looking to reduce waste, these creative and easy **sourdough discard recipes** are here to help. From cookies and biscuits to cake and muffins, you won't be disappointed.

Fresh, homemade bread is one of my favorite things in life. Food waste, however, is not.

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BEGINNER SOURDOUGH BREAD RECIPE
SOUR DOUGH BREAD STARTER

ABOUT ME

Hey There!

I'm Kim. I love running, cooking, and curling up with a good book! Here you'll find simple and delicious recipes that you can make in 30 minutes or less.

KEEP IN TOUCH

SIMPLE SOURDOUGH BREAD RECIPE
QUICK SOURDOUGH BREAD RECIPES
BASIC SOURDOUGH RECIPES
Ad | Grub Cafe

Luckily, sourdough has so many delightful applications.

So next time you feed your starter, be sure to save the excess and make something fun for breakfast, like pancakes or waffles.

Ready to get started? I know I am!

Sourdough Discard Oatmeal Cookies

The Gingered Whisk

1. Sourdough Oatmeal Cookies Recipe

Though these are great year-round, I think the thick oatmeal and slight tang of the starter make them ideal for a platter full of spiced winter cookies.

Be sure the starter is at room temperature to ensure your cookies turn out with a gorgeous cake-like texture.

And try to be patient. They need to be totally cool to glaze!

Once they're cold, pour on the vanilla frosting and grab a glass of milk because these are fun to dunk.

2. Sourdough Biscuits

Flaky, buttery sourdough biscuits are perfect for a morning treat or warm afternoon delight.

Sour cream enhances the bite of the discard while the scallions add a fresh pop of oniony goodness.

If you don't have sour cream, Greek yogurt or buttermilk will work just fine.

Also, be sure to use an unfed starter so these biscuits get the right rise.

When it comes to serving, you have so many tasty options. A slab of butter or sprinkle of cheddar cheese is a quick fix.

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Or they work great for your favorite breakfast sandwiches recipes. I like mine with eggs and bacon.

Sourdough Crescent Rolls

Cooking With Carlee
Sourdough crescent rolls are soft, ever so slightly sweet with a nicely rounded sourdough flavor. T hey are the perfect accompaniment to your next dinner!

3. Sourdough Crescent Rolls

These tender crescent rolls will melt in your mouth! The inside is soft and chewy while the butter brushed outside has a subtle crunch.

I can gobble up a handful of these all by their lonesome. Of course, I wouldn't say no to some fresh fruit jelly!

Sourdough Bread Recipe {for Sourdough Discard} | Tastes of Lizzy T

Tastes of Lizzy T
Sourdough Bread Recipe {Easy Rustic & Chewy White Homemade Bread}

4. Sourdough Bread with Discard

Okay, I know this is probably a no-brainer, but it has to be said: the best thing you can make with sourdough discard is sourdough bread.

For the best results, you'll want to use instant yeast and proof the dough with a final rise.

Like all sourdough bread, the longer you've had your initial starter, the better it gets.

Sourdough Pancakes {For the Absolutely Fluffiest Pancakes Ever!}

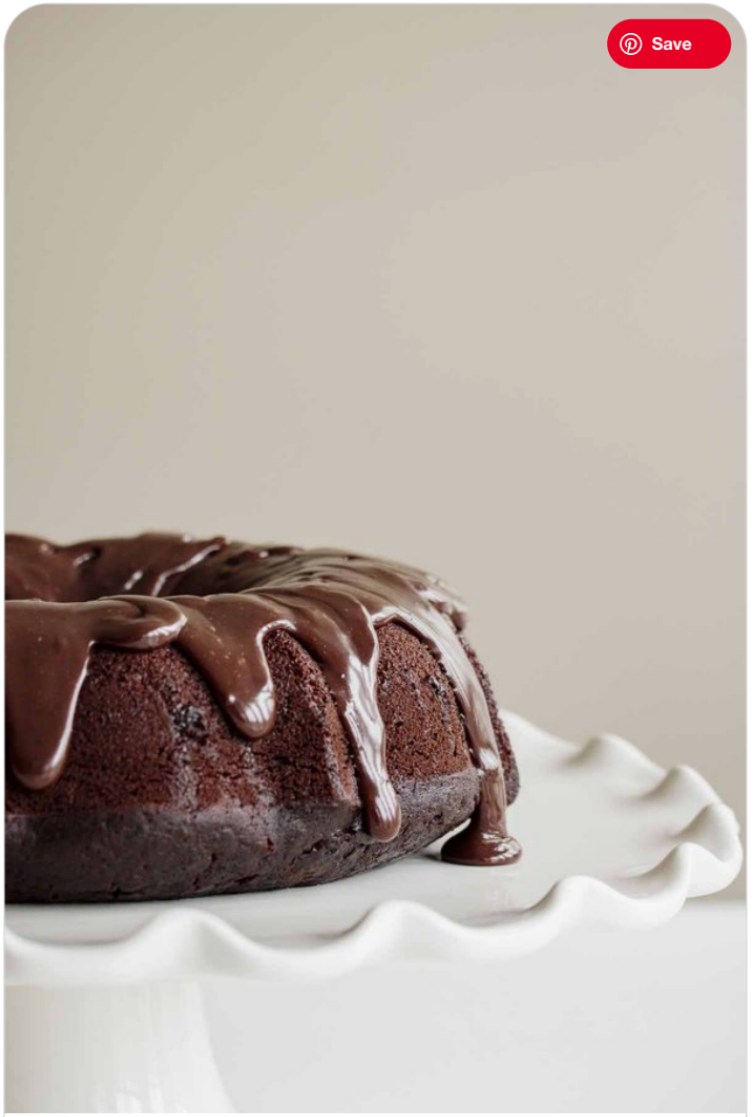
Tastes of Lizzy T
Sourdough gives these Sourdough pancakes a delicious flavor and fluffy texture that you'll fall in l ove with! These will quickly become your family's favorite breakfast.

5. Sourdough Pancakes

If you've never made sourdough pancakes before, prepare to be wowed. Trust me, these taste so much better than any boxed mix you get from the store.

Plus, you can have a sky-high, fluffy stack hot and ready in less than 30 minutes.

All you have to decide is if you want to top them with classic maple syrup and butter or use them as part of a savory breakfast feast.



Sourdough Chocolate Cake (With Sourdough Discard) – Milk and Pop

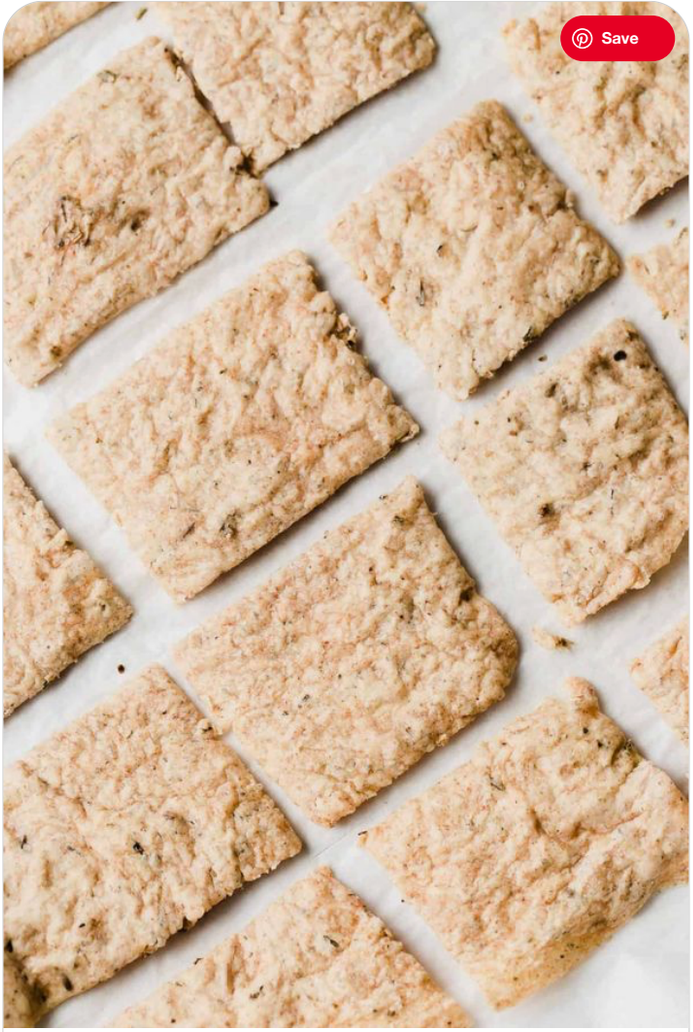
Milk and Pop
Sourdough Chocolate Cake (With Sourdough Discard) – Milk and Pop

6. Sourdough Chocolate Cake

Sourdough discard is your secret to turning a simple one-bowl chocolate cake into a decadent treat.

The discard adds a plush texture and keeps the cake from drying out. The flavor, however, is the best part!

To give you a sneak peek, there's a ton of chocolate and even some brewed coffee in the mix.



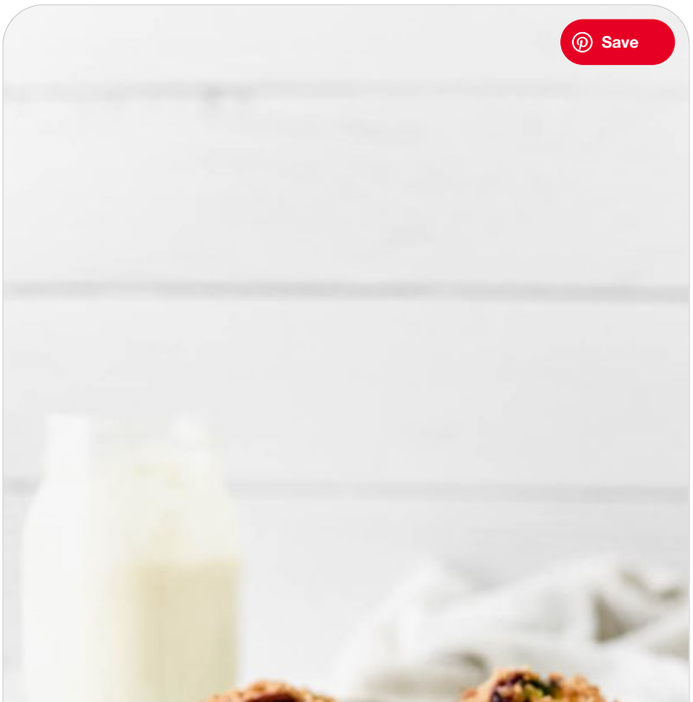
Amelia Armstrong
sourdough

7. Sourdough Discard Crackers

Sourdough discard crackers are the perfect little nibbles for munching.

They're razor-thin and crisp, which is great for dipping or simply plopping into your mouth one by one.

What's crazy is they have a pleasantly cheesy flavor, but it's all from the discard.



Blueberry Sourdough Discard Muffins

The Gingered Whisk
Blueberry Sourdough Muffin Recipe - The Gingered Whisk

8. Sourdough Blueberry Muffins

Everyone in my household loves it when I bake a batch of these scrumptious muffins.

The crumb topping is just like you'd expect from a coffee cake recipe, and it adds a sweet crunch too.

I tend to use fresh blueberries, but you can use frozen ones if that's all you have. Just be sure they don't defrost, otherwise, the juices will turn everything blue.

Golden Sourdough Discard Waffles - Easy Sourdough Recipe!

Rustic Family Recipes

9. Sourdough Discard Waffles

Like pancakes, you can turn sourdough discard into a yummy batch of waffles. They have the perfect texture and buttery flavor.

This will use up a good amount of discard, making it a fantastic option if you've got a lot to spare.

Sourdough discard cinnamon sugar cake donuts

Feast and Farm

These are the most tender cake donuts I've ever had! It's a great way to use up your extra sourdo ugh starter discard too. Instructions are included for making these without sourdough discard too

10. Sourdough Discard Cinnamon Sugar Cake Donuts

I love tackling baking projects on the weekend when I have some spare time. If you do too, you'll want to try this recipe.

Sourdough discard gives the donuts a cake-like consistency, which is scrumptiously paired with cinnamon and sugar.

These babies taste just like your favorite old-fashioned donut recipe, and they're so tender, you don't need any glaze.

Sourdough Soft Pretzels

Baking Sense®
Sourdough Soft Pretzels - Baking Sense®

11. Sourdough Soft Pretzels

I can't resist the urge to sink my teeth into one of these warm, soft pretzels.

The dough will have to sit for a couple of days so prepare to wait. But I assure you, the final result is beyond worthy of a little patience.

Oh, and if you prefer your pretzels salted, use sea salt or kosher salt.

PERFECT Sourdough Crumpets!

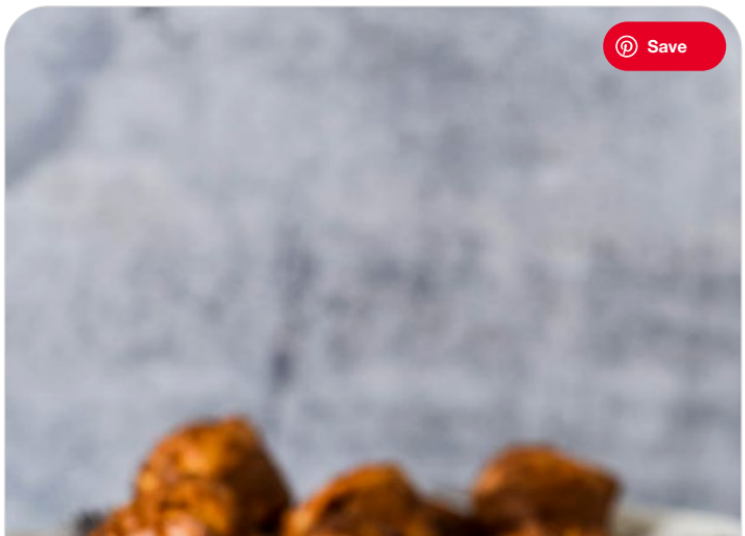
Not Quite Nigella
Sourdough Crumpets @ Not Quite Nigella

12. Sourdough Crumpets

So you've probably heard the phrase "tea and crumpets" before, but have you actually tried them? Well, now you've got the perfect chance.

These crumpets are both light and buttery which is the best of both worlds.

I like to serve these warm with a dollop of salted butter.



Cheesy Sourdough Popovers

The Gingered Whisk

13. Cheesy Sourdough Popovers

Cheese and carbs are two of my favorite food groups. So you can imagine how ecstatic I am about these popovers!

Each delicious morsel is full of shredded cheese both inside and out.

Soft on the inside and crunchy on the outside, everything about these popovers is completely irresistible.

Better still, you probably already have all six ingredients on hand.

Ultimate Sourdough Banana Bread - The Clever Carrot

The Clever Carrot
Ultimate Sourdough Banana Bread - The Clever Carrot

14. Ultimate Sourdough Banana Bread

I can't believe I never thought about using a starter discard in banana bread until I came across this recipe.

Not only is it a terrific way to reduce food waste, but it's a double whammy if you've got overripe bananas too.

The real question is: should you add nuts or chocolate? I think I'll leave that up to you.

Sourdough Pizza Crust (60 cents/pizza)

Good Cheap Eats

15. Sourdough Pizza Crust

Want to know my secret to the ultimate pizza crust? It's this recipe.

The taste and texture are superior to anything you can make with a mere instant yeast packet or buy from the store.

Also, this is another recipe that uses up a good amount of stater, so double-check you have enough before you get your hopes up.

Vegan Sourdough Brownies - Izy Hossack - Top With Cinnamon

Izy Hossack - Top With Cinnamon
These are the best ever vegan brownies, so fudgy and gooey and are made using sourdough disc ard. No eggs and no dairy needed! Aquafaba helps give them a shiny, crackly meringue-like crust

16. Sourdough Brownies

Now this one takes the cake! Or more appropriately – the brownies.

These brownies are super fudgy with a top-notch crackle on the top. They're also crazy-rich and loaded with deep chocolatey goodness.

If you're feeling extra indulgent, serve these warm with a scoop of homemade no-churn ice cream.

How to Make Sourdough Crepes

Little Spoon Farm
Sourdough Crepes {Thin, Delicate, Crispy Edges} | Little Spoon Farm

17. Sourdough Crepes

This recipe reminds me that I don't make crepes enough. The airy texture is so heavenly and they're great with sweet or savory toppings.

They're also a fantastic way to use sourdough discard.

They do take some time to perfect, but it's nothing any beginner can't handle.

Sourdough Pumpkin Bread

Little Spoon Farm
Sourdough Pumpkin Bread | Little Spoon Farm

18. Sourdough Pumpkin Bread

Pumpkin bread lovers, you're in for a real treat! This recipe has all the fall flavors you crave, plus a wonderfully moist and tender crumb.

And it's got a little secret, aside from the discard.

There's a hint of fresh orange juice in the mix to create a sensational flavor that's unlike any sweet bread you've ever had.

Easy Foolproof Sourdough Naan Recipe

The Gingered Whisk
This sourdough naan recipe is so easy its foolproof! Delicious and flavorful naan is right around th e corner with this great recipe! Sourdough Recipe, Sourdough Naan, Naan Recipe, Bread Recipe,

19. Sourdough Naan

Be warned: this recipe will cause some serious naan cravings!

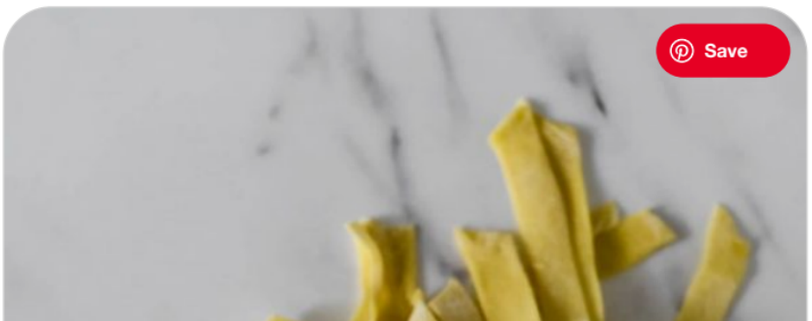
If you thought sourdough bread was good, just wait until you take a bite of this sourdough naan.

Don't be alarmed when you make the dough and it's a bit sticky at first. It's supposed to be like this.

After a few hours of rising, you'll be ready to roll out the dough and cook it on a hot skillet.

I suggest you use the proofing time to figure out what to serve these with.

I'd probably choose an effortless Indian dinner recipe. But naan can also be used in sandwiches or to make a super easy, cheesy flatbread.



Easy Sourdough Pasta Recipe

The Gingered Whisk
Easy Sourdough Pasta Recipe - The Gingered Whisk

20. Rustic Sourdough Pasta

The simplest step you can take to elevate your pasta is to use homemade noodles. And I've got just the recipe.

All you need is some sourdough discard, water, and flour.

If you want more of a sourdough flavor, let the pasta rest for a couple of hours before cutting the noodles.

A manual pasta maker will certainly come in handy, but you don't necessarily need one. A sharp knife will do the trick.

Sourdough Cut Out Sugar Cookies

The Gingered Whisk

21. Sourdough Sugar Cut Out Cookies

Next Christmas, put your discard to good use with a platter of these festive sweets.

These are super fun to make and the kids will love decorating them for the holidays.

Before starting, make sure your discard is at 100 percent hydration for the best results.

Oh, and pay attention to the butter. If you only have salted, you'll want to adjust how much salt you add to the cookie dough.

sourdough discard dumplings 餃子 part i - Du's Doughs

Du's Doughs

22. Sourdough Discard Dumpling

When you have dumpling wrappers this good, it's hard to go back to eating the frozen stuff.

The chewy texture is spot on and it only calls for three ingredients. That means you're saving on food waste and cutting out any unwanted preservatives to boot.

Sourdough Granola [with discard option]

The Pantry Mama

23. Sourdough Granola

Did you know you can use sourdough discard to make granola? The discard acts as a binder to keep all the ingredients together.

Add some oats, honey, and coconut oil and you have one terrific base.

From there, add in some other fun things like dried fruit or nuts. You can even try using different extracts like almond or hazelnut.

Either way, this makes one fine breakfast to start your day off right.

23 Easy Sourdough Discard Recipes

If you're looking to reduce waste, these creative and easy **sourdough discard recipes** are here to help. From cookies and biscuits to cake and muffins, you won't be disappointed.

INGREDIENTS

- Sourdough Oatmeal Cookies Recipe
- Sourdough Biscuits
- Sourdough Crescent Rolls
- Sourdough Bread with Discard
- Sourdough Pancakes
- Sourdough Chocolate Cake
- Sourdough Discard Crackers
- Sourdough Blueberry Muffins
- Sourdough Discard Waffles
- Sourdough Discard Cinnamon Sugar Cake Donuts
- Sourdough Soft Pretzels
- Sourdough Crumpets
- Cheesy Sourdough Popovers
- Ultimate Sourdough Banana Bread
- Sourdough Pizza Crust
- Sourdough Brownies
- Sourdough Crepes
- Sourdough Pumpkin Bread
- Sourdough Naan
- Rustic Sourdough Pasta
- Sourdough Sugar Cut Out Cookies
- Sourdough Discard Dumpling
- Sourdough Granola

DIRECTIONS

1. Select your favorite recipe.
2. Organize all the required ingredients.
3. Prep a delicious recipe in 30 minutes or less!

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Hey there! I'm Kim. I love running, cooking, and curling up with a good book! I share recipes for people who LOVE good food, but want to keep things simple :)

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BECOME A PATIENT

THE UNIVERSITY OF TEXAS MD Anderson Cancer Center