

— workshop handout —

A Simple Milling & Baking Rhythm

A Practical Baking Schedule for Busy Moms

It can seem overwhelming to add milling and baking to your already busy schedule so I wanted to share what worked for me (and I know busy, I have two babies under two). It's been such a fun routine to mill at night (right after babies go to bed) and prep anything that needs more time (such as sourdough) and then make the dough in the mornings before they wake up. Every night I think about what baked goods would add to our meals or what treat I want to make. It's pushed me to try so many recipes!

My Schedule

EVENING	MORNING	AFTERNOON
<ul style="list-style-type: none">✓ Plan your bake✓ Mill your flour✓ Feed starter✓ Store in fridge <p><i>Milling & prepping at night reduces the stress of trying to focus while you're distracted. You can also plan with a clear mind.</i></p>	<ul style="list-style-type: none">✓ Mix dough (minus starter/yeast/salt)✓ Autolyse for 30 mins✓ Mix the rest & knead✓ Bulk Ferment <p><i>Getting the measurements and dough made before the kids wake up let you focus on getting the measurements right. It also gives your baked goods time to ferment</i></p>	<ul style="list-style-type: none">✓ Split & Shape loaves✓ Proof until double✓ Bake & Cool✓ Enjoy <p><i>Baking late afternoon lets you have fresh bread for dinners! If it isn't bread then you'll just bake and be done even earlier :)</i></p>

The goal is to add a rhythm to your schedule so it's easy to bake. Another tip I have is to double or tripple your recipes since baked goods freeze so well! That way you always have muffins, breads, pancakes, and the sorts on hand. You just need to let them cool completely. For bread, slice it and use parchment paper in between each slice and freeze in a ziplock bag.

I hope this schedule brings some peace to your baking journey <3

MEET YOUR TEACHER



Hi, I'm Lorina!

I'm a wife, mom of two, and your educator on the benefits of freshly milled flour. Milling our own flour changed my family's health, and I'm passionate about sharing this knowledge with others.

Let's dig in!

LEARN MORE ABOUT FRESH FLOUR

Visit the full workshop for more resources & tutorials.

www.flourishheritage.com

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