

FLOUR SWAP GUIDE

BAKE WITH WHAT YOU HAVE.
NO STRESS. JUST BEAUTIFUL
BREAD EVERY TIME.

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Sourdough slows us down and fills our homes with comfort. Let this guide bring ease, joy, and a little confidence to your baking. Every bake is beautiful. 🍞🌸



IF RECIPE CALLS FOR

YOU CAN USE INSTEAD

Bread Flour
All-Purpose Flour
Whole Wheat Flour
Rye Flour
00 Flour (Italian pizza/pasta)
Spelt Flour
Self-Rising Flour
Cake Flour

All-Purpose Flour
Bread Flour
White Whole Wheat
Spelt or Whole Wheat
All-Purpose Flour
Whole Wheat or Kamut
AP Flour + 1 ½ tsp baking powder
+ ¼ tsp salt per cup
AP Flour

BAKER'S NOTES

Reduce water by ~2-3% (AP absorbs less), crumb may be softer
Add a little water with bread flour, dough becomes chewier and stronger
Swap to white whole wheat for similar nutrition with lighter flavor and color
Expect nuttier flavor and denser crumb with spelt for rye
Use AP flour for 00 flour swaps, texture is less silky but works well
Hold back slightly on water with spelt, it hydrates quickly
Avoid self-rising flour in sourdough, better suited for quick breads
Add 2 tbsp cornstarch per cup of AP for a softer result

TIP BOX



Every flour absorbs water differently. Always adjust "by feel":

- If dough feels too dry → add a splash of water.
- If dough feels too sticky → hold back a little water.



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HYDRATION CHEAT SHEET

WATER MEETS FLOUR. CLARITY, CALM,
AND BEAUTIFUL BREAD EVERY TIME. 💧

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WATER AMOUNTS BY HYDRATION % (based on flour weight)

FLOUR WEIGHT	65% HYDRATION	70% HYDRATION	75% HYDRATION
250 G (mini loaf)	163 g water	175 g water	188 g water
500 g (1 loaf)	325 g water	350 g water	375 g water
750 g (1.5 loaves)	488 g water	525 g water	563 g water
1,000 g (2 loaves)	650 g water	700 g water	750 g water

BAKER'S NOTES

65% easy to handle, great for beginners and sandwich loaves
70% balanced hydration, everyday sourdough with open crumb

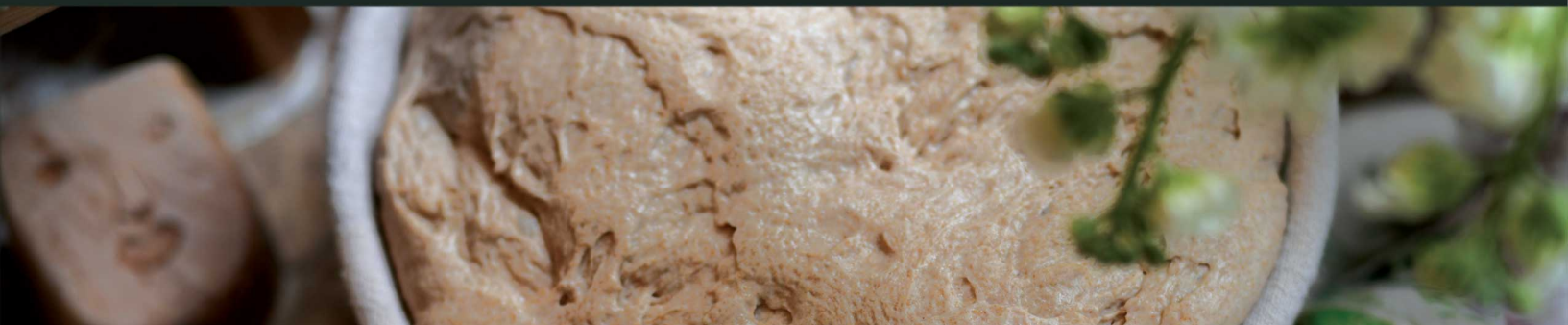
75% airy and artisan, stickier dough and rustic loaves
Whole grains usually need a little more water

TIP BOX



SALT GUIDE
STANDARD IS ~2% OF FLOUR WEIGHT

Example: 10 g salt for 500 g flour
Add during mixing stage after autolyse



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STARTER QUICK CARD

NEVER RUN OUT OF STARTER AGAIN.
FEED WITH CONFIDENCE EVERY TIME.

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Sourdough starter is the heartbeat of every bake.
With a little rhythm and care, it stays alive and ready to
support you loaf after loaf. May this guide keep your jar
thriving and your baking joyful. 🌾🌸



STARTER FEEDING RATIOS (For 100% hydration starter)

FINAL DOUGH SIZE	STARTER NEEDED	FLOUR TO FEED	WATER TO FEED
1 loaf (500 g flour)	75 g	75 g	75 g
2 loaves (1,000 g flour)	150 g	150 g	150 g
3 loaves (1,500 g flour)	225 g	225 g	225 g

SIDE NOTE

For extra strength, feed with a mix of flours. Try half whole wheat and half bread flour in your ratio. Whole wheat adds activity, bread flour adds structure.

BAKER'S NOTES

Feed at least 4-6 hours before mixing dough
Keep at room temp until bubbly and doubled

Refrigerate extra starter between bakes
Discard can be used in pancakes, cookies, or muffins

TIP BOX



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