

# Fresh Milled Sourdough Strawberry Pop-Tarts:

Ingredients:

Pop-Tart:

5 cups fresh milled soft white flour  
1 lb cold butter  
1 1/3 cups ice cold water  
¼ cup granulated sugar or coconut sugar  
1 teaspoon salt  
1.5 cups strawberry jelly  
1 cup sourdough discard

Icing:

2 cups powdered sugar  
4 Tablespoons strawberry jelly  
3 Tablespoons milk

Recipe:

- Mill the flour and let it cool
- Combine flour, sugar, and salt
- Using your hands or a pastry cutter, add the butter into the bowl with the flour and combine until it resembles crumbs.
- Pour the cold water into the flour and butter bowl and mix with your hands until you get a shaggy dough.
- Add your sourdough discard and combine the ingredients
- Let the dough sit for 30 minutes to 1 hour
- Dump the dough onto a floured surface and roll it out with a rolling pin into a rectangle.
- Try to get the dough about ¼ inch thick.
- Cut the dough into 3-4 inch strips. Then, cut the longer 3-4 inch strips in half to double your total pieces of dough.
- Repeat until you use all the dough
- Fill half of your rectangles with the strawberry jam. Try not to overfill them or you will have a mess.
- Place the other half of the pre cut rectangles on top of the rectangles with the strawberry jam on them. Crimp the edges.
- Place your pop tart on a parchment lined baking sheet
- Preheat your oven to 425 degrees F
- While your oven preheats, let the pop tarts sit on the counter
- Bake for 10 minutes. After 10 minutes, rotate the baking sheet and cook for another 12 minutes.
- Combine all of your icing ingredients and spread it over your cooled pop tarts