

Baked Maple Bars (Fresh Milled Flour + Sourdough)

Ingredients

- 2 cups freshly milled soft white wheat flour (sifted for lighter texture)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp fine sea salt
- 1/2 cup unsalted butter, softened
- 1/2 cup pure maple syrup
- 1/4 cup brown sugar (optional, for deeper flavor)
- 1 large egg
- 1/4 cup fresh whole milk
- 1/2 cup sourdough discard (100% hydration)

Maple Glaze

- 1 cup powdered sugar
- 2–3 tbsp pure maple syrup
- 1–2 tbsp fresh milk (adjust for consistency)

Instructions

- 1 Preheat oven to 350°F. Grease or line a 9x13-inch baking pan with parchment paper.
- 2 In a large bowl, whisk together freshly milled flour, baking powder, baking soda, and salt.
- 3 In a separate bowl, cream butter, maple syrup, and brown sugar until smooth. Add egg, milk, and sourdough discard. Mix until combined.
- 4 Gently fold wet ingredients into dry ingredients. Do not overmix.
- 5 Pour batter evenly into prepared pan.
- 6 Bake 22–28 minutes, until a toothpick inserted in the center comes out clean.
- 7 Cool 10–15 minutes before glazing.
- 8 Whisk glaze ingredients until smooth and pourable. Spread over bars and allow to set before slicing.

