



## Notes ~ Topics & Time Stamps

### Bucket Bread Part Two!

August 30, 2023

<https://www.facebook.com/groups/trimhealthymamas/posts/10047870221952705>

**00:10-** Serene shares that this is Part 2 of her Bucket Bread Series.

**00:17-** Serene introduces us to her son Vision and shares that he has just gotten engaged!

**00:25-** Serene shares with us what her bread dough looks like in all the loaf pans. She also says that this bread is fermented, very gut-friendly, and easy on the blood sugar.

**1:01-** Serene mentions that she really makes this bread by instinct now after making it so much and that once we start making it that will happen for us too!

**2:00-** Serene picks up some of her dough out of a loaf pan with her fingers so we can see the texture and show the moistness of the dough.

**3:18-** Serene shares some encouragement with us and that if we think that making homemade sourdough bread is going to be a hard deal, she wants to let us know that this bread is so easy and it is nothing more than throwing in some ingredients into a bucket! Serene says that in every season she has gone through she can keep up and keep making this bread for her family!!

**4:05-** Serene says this bread is so yummy toasted and makes for an excellent Crossover! She shares that because of the coarse grind of the grains, it gives the bread an amazing crumb texture that the butter melts right into!!

**4:23-** Serene mentions that she uses this bread as a Crossover Pizza for her family. Serene says she will be back to show us her finished bread in the next video!!

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