

SOURDOUGH BAKING: *Made Easy*

Versatile Sourdough Muffins

Key Points

- Very versatile. One recipe = endless flavoring options
- Flexible - use what add-ins you have on hand.
- Healthy treat.
- Freeze well.

RECIPE:

Sourdough Muffins

These muffins are very versatile and can be flavored in a variety of ways. Use fresh chopped fruit, dried fruit, chocolate chips, coconut, nuts etc. Include your favorite spices and flavoring extracts to customize them to your tastes each time.



Ingredients:

- ½ cup sourdough starter, fed within previous 12 hours
- 1 cup whole milk (can also use buttermilk or plain kefir, coconut milk, etc.)
- ½ cup rolled oats (regular, not instant)
- 1¾ cups spelt flour
- 2 large eggs
- ½ cup sucanat
- ⅓ cup butter or coconut oil, melted and cooled
- ½ teaspoon unrefined sea salt
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- ½ teaspoon baking powder

ADD-IN IDEAS:

- ¾ to 1 cup fresh chopped fruit or dried fruit (berries, apple, raisins, etc.)
- ⅓ to ½ cup chopped nuts (walnuts, pecans, almonds etc.)
- ½ to ⅔ cup grated carrot or zucchini, or diced pineapple (well-drained)
- Citrus zest - orange, lemon, lime
- Flaked unsweetened coconut and/or dark chocolate chips, to taste

Instructions:

For various flavoring ideas and inspiration, see the Sourdough Baking Made Easy Cookbook, page 89.

1. In a large mixing bowl combine the sourdough starter, milk, and oats. Add in the flour and mix until thoroughly moistened. Cover and set aside, at room temperature, for 8 to 12 hours.
2. After 8+ hours, preheat oven to 375°F. Line a regular-sized muffin tin with paper liners, set aside.
3. In a medium-sized mixing bowl whisk together the egg and sucanat. Mix in the melted butter, salt, cinnamon, and vanilla (or other flavoring) to combine. Pour this mixture over top of the “soured” batter (starter-milk-oats-flour mixture), work in until you have a smooth batter. Quickly mix in baking soda and baking powder to distribute. Fold in any add-ins you are using.
4. Scoop batter into prepared muffin cups, filling about ⅔-full. Bake in preheated oven for 15 to 20 minutes, or until a toothpick inserted in the center of muffin comes out clean.
5. Cool in pan for 5 minutes before transferring muffins to a wire rack to cool completely.

Makes 14 to 16 Regular-sized Muffins.

NOTES

