

Basic Sourdough Muffins

What could be better on a cold morning than a warm-from-the-oven sourdough muffin? Use this basic recipe as a canvas for various flavorings from fruit and nuts to chocolate chips.



Ingredients:

- ½ cup sourdough starter
- 1½ cups whole wheat flour, sifted
- 4-6 tablespoons water, as needed
- ½ cup melted butter
- 2 eggs
- 1 teaspoon salt
- 1 teaspoon baking soda
- ½ cup sugar

- ½ cup fruit or nuts (optional)

Ingredients

1. The night before, gently mix together starter and flour until just combined. Add water, 1 tablespoon at a time, until dough is just wet enough to mix.
2. Cover with a lid or plastic wrap to keep the dough from drying out. Ferment 8-12 hours or overnight.
3. In the morning, preheat the oven to 375°F and mix in all other ingredients using the batter whisks in the Bosch bowl, being careful not to mix too much. The dough may be quite stiff at first, and may require breaking up with the back of a spoon or clean hands.
4. Fill greased muffin tins $\frac{3}{4}$ full with batter and bake for 30 minutes or until golden brown.

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