

Sourdough Blueberry Muffins

Prep: 15 minutes • Cook: 20 minutes

Fluffy, tender muffins with tangy sourdough notes and bursts of juicy blueberry, lightly sweetened for a balanced, bakery-style bite.

Ingredients

- 2 cups flour
- 1 cup sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 8 tablespoons butter (melted)
- 2 large eggs (room temperature)
- 1/2 cup sourdough starter (discard)
- 1 teaspoon vanilla extract
- 1 cup blueberries

Instructions

1. Preheat the oven to 425°F (220°C). Grease a 12-cup muffin tin or line with paper liners.
2. In a medium bowl, whisk together the flour, salt, baking powder, baking soda, and cinnamon.
3. In a large bowl, whisk together the melted butter, sugar, vanilla, and sourdough starter.
4. Whisk in the eggs one at a time until combined.
5. Gradually add the dry ingredients to the wet ingredients and mix just until combined; do not overmix.
6. Gently fold in the blueberries. Optional: Toss blueberries with 1 teaspoon flour first to help prevent sinking.
7. Optional: Chill the batter in the refrigerator for 1 hour for improved texture.
8. Divide the batter evenly among the muffin cups.
9. Bake at 425°F for 5–6 minutes, then reduce the oven temperature to 350°F and continue baking for 13–15 minutes, or until a toothpick inserted in the center comes out clean.
10. Cool in the pan for a few minutes, then transfer muffins to a wire rack to cool.

Tags: Sourdough, Breakfast, Muffins, Blueberry, Baking, Make Ahead

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