

YIELD: 12-14 MUFFINS

Gluten Free Sourdough Discard Muffins

Gluten Free Sourdough Discard Muffins are a flavorful and clever way to repurpose excess gluten free sourdough starter. Add fresh blueberries, strawberries, or even chocolate chips to turn this gluten free muffin recipe into your new favorite muffin.

PREP TIME

15 minutes

BAKE TIME

25 minutes

ADDITIONAL TIME

2 hours

TOTAL TIME

2 hours 40 minutes



Ingredients

Gluten Free Sourdough Discard Muffins

- 55 grams unsalted butter, can be cold
- 55 grams neutral oil, like vegetable oil
- 260 grams gluten free flour
- 25 grams cornstarch
- 9 grams baking powder
- 3 grams baking soda
- 3 grams kosher salt
- 75 grams brown sugar (light or dark)
- 125 grams granulated sugar
- 2 large eggs, at room temperature
- 1 teaspoon vanilla extract
- 45 grams sour cream, at room temperature
- 125 grams gluten free sourdough discard

Add Ins (To make Blueberry White Chocolate Muffins)

- Zest of a lemon
- 150 grams fresh blueberries (if frozen do not thaw)
- 50 grams white chocolate chips

- Additional blueberries and Coarse Sugar for decoration

Instructions

Gluten Free Sourdough Discard Muffin Batter

1. Line a muffin tin with 12 muffin liners and set aside. I wait to preheat the oven until the muffin batter has been made and rests in the fridge.
2. Begin by melting the butter in a small microwave-safe bowl. Allow it to cool for a few minutes, then combine it with the oil. Set aside.
3. Sift or whisk together gluten-free multi-purpose flour, cornstarch, baking powder, baking soda, and kosher salt in a small bowl and set aside.
4. In a large bowl, combine the brown sugar, granulated sugar, and lemon zest. Using your fingers or the back of a spoon, rub the zest into the sugar. This will bring out the oils and lemon flavor of the zest and give the sourdough muffins a little lemon flavor without adding lemon extract.
5. Add the room-temperature eggs and a generous teaspoon of vanilla extract to the lemon sugar and whisk until smooth.
6. Once the egg and sugar are combined, add the gluten-free sourdough discard and sour cream to the mix. Whisk together.
7. Add the melted butter and oil to the mixture and whisk until fully combined.
8. In a small bowl, combine the fresh blueberries, white chocolate chips, and 1 teaspoon of the dry ingredients. This will help the fruit stick to the sourdough discard muffin batter and prevent it from sinking to the bottom of the muffins. Set aside.
9. Add the dry ingredients to the wet ingredients and whisk to combine. Switch to a flexible rubber spatula and fold everything together. While we don't have to worry about building gluten, try not to overmix your batter.
10. Fold the flour-coated blueberries and white chocolate with a rubber spatula into the bread batter.
11. Retrieve the prepared muffin pan and divide the batter between the papers with the large cookie scoop. I fill mine almost to the rim. Depending on your scooping and the size of your paper liners, this recipe should yield 12-14 muffins.
12. You can top each muffin with additional blueberries and coarse sugar if you like. However, be careful when topping them with additional white chocolate, as it tends to burn quickly (I speak from experience).
13. Place the gluten-free sourdough blueberry muffins in the fridge while your oven preheats to 450F. Allowing the batter to rest, even for 15-30 minutes, will help hydrate the flour, building a better crumb. Also, cold muffin batter will rise higher!

Baking Instructions

1. When ready to bake the gluten-free muffins, place them in the fully preheated oven and bake them at 450F for 7 minutes, then reduce the oven temperature to 350F without opening the oven door. Bake the muffins until they are golden brown, around 15-17minutes.
2. The muffins are done when until they are golden brown, and a toothpick inserted in the center comes out clean. Make sure not to overbake them. That will cause them to dry out. Baking times depend on how many muffins you divide the batter into and your oven. Smaller Muffins bake faster, while larger muffins take longer to bake.
3. Allow the gluten-free muffins to cool in the pan for 5-10 minutes before transferring them to a wire rack. I remove them from the muffin pan with a spoon or a butter knife.

Notes

Variations of Gluten Free Sourdough Discard Muffins

Feel free to get creative and experiment with other flavor combinations using this versatile gluten free muffin batter as a base.

Orange Cranberry Muffins: Fold 150 grams of fresh cranberries (chopped into smaller pieces) and the zest of 2 oranges into the muffin batter. Toss the cranberries in some flour before adding them so they don't sink. If you like, work the orange zest into the sugar for extra orange flavor.

Strawberry Muffins: Add 250 grams of diced fresh strawberries to the muffin batter along with 1/8 teaspoon almond extract (a little goes a long way). These would even be delicious with a little cream cheese in the middle.

Chocolate Chip Sourdough Muffins: Fold 150-175 grams Mini Chocolate Chips into the batter. If you like, top the chocolate chip muffins with additional chocolate chips before baking.

Nutrition Information: YIELD: 12 SERVING SIZE: 1

Amount Per Serving: CALORIES: 316

Calories are a guesstimate and randomly generated.



Did you make this recipe?

Did you make this recipe? Please make sure to leave me a comment and star rating on the blog!

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