



Sourdough Berry Muffin

After many trials, I have finally come to a sourdough (discard) muffin recipe that is perfect! Not too sweet or sour, has lots of berries, and the muffins are nice and moist without being too dense. My son loves muffins and we have a row of blackberry bushes in our backyard that quickly fills our freezer with surplus berries. This has become our family's go to recipe. It started by combining other muffin recipes I have found and tested: Smitten Kitchen's Perfect Blueberry Muffins and The Southern Lady Cooks Sourdough Cinnamon Muffins. I further amended it to better suit my own flavor and texture preferences. Hope you enjoy!

5 ½ tablespoons unsalted butter
½ cup sugar
Zest from a ½ lemon, or if you prefer more, go ahead and zest it all
½ cup plain yogurt or plain Greek yogurt
½ cup milk
1 large egg
1 ½ teaspoons baking powder
¼ teaspoons baking soda
¼ teaspoon salt
1 cup sourdough discard
1 ½ cups all-purpose flour
2 cups fresh or frozen berries. I use 1 ½ cup blackberries and ½ cup blueberries
Turbinado (sugar in the raw) sugar to sprinkle on the top (optional)

Preheat oven to 375 F. Spray muffin tins with cooking spray.

Melt butter (microwave is ok) in the bottom of a large (microwave safe) mixing bowl. Whisk in sugar, zest, yogurt, milk, and egg until smooth. Whisk in baking powder, baking soda, and salt until fully combined. With a wooden spoon mix in sourdough discard, then fold in flour and berries. Batter will be on the thicker side. Fill prepared muffin tins and sprinkle turbinado sugar on top. Bake 25-30 minutes, until a toothpick inserted in the center of a muffin comes out clean except for possible berry. Let cool 8 minutes in the pan, then place on wire rack or plate to serve butter-melting warm!