

HEARTY SOURDOUGH BLUEBERRY MUFFINS (NO EGGS LOW SUGAR)

Ingredients:

- 2 cups discard
- 1 stick (1/2 cup) butter melted
- 3/4 cup yogurt
- 1/2 cup buttermilk (or milk)
- 1 tablespoon vanilla
- 1/2 cup sugar
- 2 cups flour (I love freshly milled soft white wheat berries).
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 & 1/2 teaspoon baking powder
- 1 & 1/2 cups blueberries



Directions:

1. In a stand mixer mix together the sourdough starter, melted butter, yogurt, buttermilk. Mix together well.
2. Add in the vanilla, sugar and flour mix until combined.
3. Sprinkle in the salt, baking soda and baking powder and mix for 2 minutes.
4. Fold in the blueberries (I use frozen but fresh would work as well).
5. Preheat oven to 400° F. Line your 12 muffin pan with these liners that I love.
6. Using an ice cream scooper, scoop large scoops into the muffin liners. Sprinkle lightly with sugar on top if desired.
7. Bake for 25 minutes or until done.

