SOURDOUGH BANANA NUT MUFFINS

Ingredients:

- 8 Tablespoons melted butter
- 1 Cup brown sugar (not packed)
- 3 Tablespoons sour cream
- 1 Teaspoon vanilla extract
- 1/2 Cup sourdough starter
- 2 Cups flour
- 1 Teaspoon Salt

Next Morning Ingredients:

- 2 Eggs
- 1 Cup mashed bananas (approx 3
- 2 Teaspoons baking powder
- 1/2 Teaspoon baking soda
- 1 Cup chopped walnuts (or any nut you prefer)

Directions:

Night before:

1. Mix together the ingredients for approx 2-3 minutes until fully combined. You may need to scrape the sides of the bowl. Cover and let ferment overnight.

Next Morning:

2. Add in 2 eggs , 1 cup of ripe bananas smashed and 1/2 cup of the chopped walnuts. Mix together until combined.
3. Mix together the 2 teaspoons baking powder and 1/2 teaspoon baking soda and sprinkle on top of the dough and mix in well.

To Bake:

4. Preheat oven to 350 Degrees F and line muffin tins with liners.
5. Using an ice cream scooper place 1 to 2 scoops into each muffin liner.
6. Sprinkle and press in the remaining chopped walnuts and place into the oven.
7. Bake for 20-25 minutes or until a toothpick inserted in the center comes out clean. Allow to cool and enjoy.

Food Prood
THE HOMESTEADING WAY

www.foodprood.com