

Sourdough Blueberry Muffins with Long Fermented Streusel



These long fermented sourdough blueberry muffins are insanely delicious. The proper fermentation of the muffins and the streusel topping helps break down gluten and phytic acid, making these muffins easier to digest and allowing for better nutrient absorption.

Plus, it enhances the depth of flavor.

Fluffy + tender crumb, just the right amount of sweetness and bursts of juiciness from the blueberries + sauce, and my favorite, the crunchy streusel topping.

Makes 12 regular size muffins.



INGREDIENTS

Muffins:

- 2 cups + 1 tbsp all purpose flour
- 1/2 cup (120g) sourdough starter, active or fed within the last 24 hours
- 2 tsp baking powder
- 1/2 tsp salt
- 1 1/4 cup granulated sugar
- 8 tbsp unsalted butter, melted
- 2 eggs
- 2 tsp vanilla extract
- 1/2 cup milk
- 1 cup blueberries, fresh or frozen but thawed

Blueberry Sauce:

- 1/2 cup blueberries
- 2 TBSP maple syrup

Streusel Topping:

- 1/2 cup (60g) all-purpose flour
- 3/4 cup (50g) granulated sugar
- 3 TBSP brown sugar
- 1/4 cup (55g) unsalted butter (softened)
- 1/4 cup (60g) sourdough starter, discard or active
- pinch of salt

DIRECTIONS

• Night Before (Long Fermentation)

Mix the dry muffin ingredients:

- 2 cups + 1 tbsp all-purpose flour
- 1/2 tsp salt
- 1/2 cup (120g) sourdough starter
- 1/2 cup milk
- 8 tbsp melted and cooled butter

Mix thoroughly until all the flour is hydrated. The batter will be thick.

Cover and ferment overnight (8–12 hours) at room temperature or in the fridge for a milder flavor.

Streusel Topping:

In a bowl, combine flour, sugar, brown sugar, and salt. Add the softened butter and sourdough starter. Mix with a fork or your fingers until crumbly.

Cover and let the mixture ferment at room temperature for 8–12 hours (overnight). If your kitchen is warm, place it in the fridge after 4–6 hours to prevent over-fermentation.

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- **Baking Day**

Preheat oven to 425F.

Add the 1/2 cup blueberries and 2TBSP of maple syrup to a sauce pan on low heat. Cook down until you can mash blueberries with a fork and you get a nice syrup.

Mix in a separate bowl:

- 2 eggs
- 1¼ cup granulated sugar
- 2 tsp vanilla extract

Then combine the eggs, sugar, and vanilla with the fermented mixture. Mix until just combined. This will be a thick batter, since fermentation absorbs moisture, but if the batter thickens too much add an extra 2tbsp of milk. Fold in the 2tsp baking powder and blueberries gently.

Scoop batter into a muffin tin lined with paper liners. I like to add a little uncooked rice to the muffin tin before adding my liners, it keeps the bottom of the muffins from getting too brown/hard.

Add the blueberry sauce right on top of the muffins in the tin, use a fork to stir it in a little so it's incorporated.

Add the crumble topping.

Bake for 10 minutes at 425F and then without opening the oven lower the temp to 375F for another 15 minutes, or until a toothpick inserted in the center comes out almost clean.

Enjoy!!

Hi, I'm Lyndsay!

I'm a Registered Holistic Nutritionist, Trainer, and mom. I love creating and sharing recipes that not only nourish my family but are also delicious. Cooking and baking real food and bread is my love language. If this is your vibe too, I'd love to connect! Here's where you can find me:

