



# Sourdough Discard Blueberry Muffins

*Sow Peace With Every Stir*

**Makes 36 Muffins**

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**PREP**  
15 min

**BAKE**  
20-25 min

**TOTAL**  
40 min

## For the Muffins

- ◆ 6 cups all-purpose flour
- ◆ 3 cups granulated sugar
- ◆ 12 tsp baking powder
- ◆ 1.5 tsp salt
- ◆ 4.5 cups sourdough discard
- ◆ 1.5 cups milk
- ◆ 3 large eggs
- ◆ 1.5 cups vegetable oil
- ◆ 1.5 tsp vanilla
- ◆ 6 cups blueberries
- ◆ 3 tbsp flour (coating)

## For Streusel Topping

- ◆ 1.5 cups flour
- ◆ 1.5 cups brown sugar
- ◆ 1.5 cups cold butter
- ◆ 1.5 tsp cinnamon

## Instructions

- 1 Line three 12-cup muffin tins with parchment liners. Preheat oven to 375°F.
- 2 Whisk together flour, sugar, baking powder, and salt.
- 3 In another bowl, whisk sourdough discard, milk, eggs, oil, and vanilla.
- 4 Pour wet into dry and mix gently until just combined.
- 5 Toss blueberries with 3 tbsp flour to suspend evenly. Fold into batter.
- 6 Make streusel: mix flour, brown sugar, and cinnamon; cut in cold butter until crumbly.
- 7 Fill muffin cups 2/3 full. Sprinkle streusel on each.
- 8 Bake 20-25 minutes until golden. Tent with foil if top gets too dark.
- 9 Cool in pan, then turn out onto racks to cool completely.
- 10 Place 3-4 muffins in freezer bags. Freeze up to 3 months.

**Pro Tip:** No sourdough discard? Use 2 cups flour + 1/2 cup milk instead. You'll still get delicious muffins.