

## Sourdough Chocolate Muffins: The Ultimate Sourdough Discard Recipe

The Ultimate Chocolate Sourdough Muffins: Deep, Rich, and Perfectly Fluffy



**OVEN**  
**375°F**

**TIME**  
**22 min**

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### INGREDIENTS

Sourdough Starter (Discard or Active): 1 cup  
Large Egg: 1 (room temperature)  
Neutral Oil: 1/2 cup (Vegetable, Canola, or melted Coconut oil)  
Whole Milk: 1/4 cup  
Vanilla Extract: 2 tsp  
All-Purpose Flour: 1 1/2 cups  
Granulated Sugar: 1 cup  
Unsweetened Cocoa Powder: 1/2 cup (Dutch-processed works best for deep color)  
Baking Soda: 1 tsp  
Baking Powder: 1/2 tsp  
Salt: 1/2 tsp  
Semi-Sweet Chocolate Chips: 1 cup (plus extra for topping)

#### Swaps and Notes:

**The Starter:** You can use discard straight from the fridge or active starter. If your discard is very old and sour, you may want to add an extra tablespoon of sugar to balance the tang.

**Oil vs. Butter:** Oil produces a loftier, moister muffin that stays soft for days. If you prefer the flavor of butter, you can swap it 1:1, but the muffins may be slightly denser.

**Mix-ins:** Feel free to swap chocolate chips for chopped walnuts or even a swirl of peanut butter on top!

#### Step-by-Step Instructions:

1. Preheat and Prep:
2. Whisk the Wet Ingredients:
3. Sift the Dry Ingredients:
4. Combine:
5. Fold in the Gems:
6. Scoop and Bake:
7. Cool:

#### Tips for Success:

**Room Temperature Ingredients:** Make sure your egg and milk aren't ice-cold. This ensures the oil stays emulsified and the batter remains smooth.

**The "Tall Muffin" Hack:** Bake for the first 5 minutes at 425°F, then drop the temperature to 375°F for the remainder. This initial burst of heat helps the muffins rise rapidly, creating those beautiful domed tops.

**Check Your Leaveners:** Because sourdough is acidic, your baking soda needs to be fresh to ensure a good rise.

#### Serving Suggestions and Pairings:

#### Nutritional Information (Per Serving):

Calories: 295 kcal

Total Fat: 13g

Carbohydrates: 42g

Protein: 4g

Sugar: 24g (Note: Estimates based on 12 servings per batch.)

## DIRECTIONS

1. **Preheat and Prep:** Preheat your oven to 375°F (190°C). Grease a standard 12-cup muffin tin or line it with paper liners.
2. **Whisk the Wet Ingredients:** In a large mixing bowl, combine the sourdough starter, egg, oil, milk, and vanilla extract. Whisk vigorously until the mixture is smooth and the starter is fully incorporated.
3. **Sift the Dry Ingredients:** In a separate bowl, whisk together the flour, sugar, cocoa powder, baking soda, baking powder, and salt. Sifting the cocoa powder is highly recommended to avoid any stubborn lumps.
4. **Combine:** Make a well in the center of the dry ingredients and pour in the wet mixture. Using a spatula, gently fold the ingredients together. Stop mixing just as the last streaks of flour disappear. Over-mixing will lead to tough, rubbery muffins.
5. **Fold in the Gems:** Gently fold in the chocolate chips.
6. **Scoop and Bake:** Divide the batter evenly among the 12 muffin cups. They should be about 3/4 full. Sprinkle a few extra chocolate chips on top for that professional look. Bake for 18-22 minutes, or until a toothpick inserted into the center comes out clean (or with just a few moist crumbs).
7. **Cool:** Let the muffins cool in the tin for 5 minutes before transferring them to a wire rack to cool completely.
8. **Tips for Success: Room Temperature Ingredients:** Make sure your egg and milk aren't ice-cold. This ensures the oil stays emulsified and the batter remains smooth.
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10. **Check : Your Leaveners:** Because sourdough is acidic, your baking soda needs to be fresh to ensure a good rise.
11. **Serving Suggestions and Pairings:** These muffins are chocolatey enough to be dessert but balanced enough for breakfast. For a full brunch spread, I love serving these alongside a savory protein like these easy turkey wings or a hearty Mexican Chicken and Rice Casserole. If you're feeling adventurous, a warm muffin with a side of Crockpot Nacho Dip makes for a fun, "salty-sweet" snack night!
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17. **Storage and Leftover Tips:** Store muffins in an airtight container at room temperature for up to 3 days. Sourdough muffins actually stay moist longer than traditional recipes thanks to the acidity in the starter! You can also freeze these for up to 3 months—just thaw at room temperature and pop them in a warm oven for 5 minutes to restore that "fresh-baked" feel.
18. **More Recipes You Will Love:** If you're riding the sourdough wave or just love a good bake, check out these ChefManiac favorites:
19. **One :** Pan Breakfast Bake - The ultimate morning companion.
20. **Sheet :** Pan Quesadillas - Perfect for a quick, savory dinner.
21. **Totchos (Tater Tot Nachos)** - The best snack to balance out all that chocolate.
22. **Final Thoughts:** These Chocolate Sourdough Muffins prove that sourdough isn't just for bread loaves. It's a versatile ingredient that brings out the best in cocoa, creating a muffin that is as interesting as it is delicious.
23. **How do you use your sourdough discard?** I'm always looking for new ideas! Leave a comment below, and don't forget to follow ChefManiac for more kitchen experiments and easy family wins. Happy baking!

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/sourdough-chocolate-muffins-the-ultimate-sourdough-discard-recipe/>