

Coconut Almond Sourdough Starter Muffins

Yields 10 muffins



Ingredients

- 1 cup (4 ¼ ounces) all-purpose flour
- 1 cup (4 7/8 ounces) yellow cornmeal
- 1 teaspoon baking soda
- ⅛ teaspoon salt
- 1 ½ teaspoons ground cinnamon
- 1 cup (8 ounces) sourdough starter (your own or see recipe below)
- ¼ cup (2 ounces) milk, room temperature
- 1 large egg, room temperature
- ¼ cup (2 ounces) unsalted butter, melted
- ¼ cup (2 ¾ ounces) honey
- ¼ cup (3 ½ ounces) brown sugar
- ½ cup shredded sweetened coconut, toasted*
- ¼ cup sliced almonds, toasted**

Jump Starter

- ¼ teaspoon instant yeast
- ¾ cup (6 ounces) water
- 1 teaspoon honey or sugar
- ¼ cup (1 ⅛ ounces) whole wheat flour
- ½ cup (2 ⅛ ounces) unbleached all-purpose flour

Notes

*To toast shredded coconut, spread out 1 layer on a baking sheet and toast in a 350°F oven for 3 minutes. Toss the coconut to expose the second side and bake for another 1-2 minutes, or just until the coconut begin to brown. Watch carefully!

**Toast by spreading 1 layer of almonds in a skillet over medium-low heat until lightly browned and fragrant. Keep the almonds moving with a metal spatula to prevent burning. Flip over on the second side and heat until lightly browned and fragrant.

Directions

1. Preheat the oven to 425°F. Line a standard muffin tin with liners.
2. In a large bowl, whisk together the flour, cornmeal, baking soda, salt, and cinnamon.
3. In the bowl of a stand mixer fitted with the paddle attachment, stir together the starter, milk, egg, honey, and brown sugar. Add the flour mix in three additions, scraping down the sides as necessary.
4. Gently stir in the coconut and almonds. Fill each well of the prepared muffin tin ¾ cup full. Bake for 15-18 minutes, or until a toothpick inserted comes out clean.

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1. Combine ingredients at least 12 hours before beginning above recipe. Use only what's called for in the recipe above.