

Sourdough Pumpkin Banana Muffins

Two hours of rest before the leavening goes anywhere near the bowl.

18 MUFFINS • 350°F • 2 HR • 20–25 MIN

REST THESE TOGETHER

113 g	Butter, melted (8 Tbsp)
160 g	Dark brown sugar, packed (¾ c)
248 g	Pumpkin puree (1 c)
120 g	Banana, mashed, one large (½ c)
2	Eggs, large (2)
120 g	Active starter (½ c)
5 ml	Vanilla (1 tsp)
240 g	All-purpose flour (2 c)
6 g	Salt (1 tsp)

ADD AFTER THE REST

6 g	Baking soda (1¼ tsp)
8 g	Baking powder (1¾ tsp)
5 g	Pumpkin pie spice (2 tsp)

CRUMBLE

75 g	Brown sugar, packed (⅓ c)
57 g	Butter, softened (4 Tbsp)
35 g	Rolled oats (⅓ c)
15 g	Sliced almonds (¼ c)
20 g	Flour (2½ Tbsp)
2.5 g	Pumpkin pie spice (1 tsp)
2.5 ml	Almond extract (½ tsp)

METHOD

1. Whisk the melted butter and brown sugar together. Add the eggs, vanilla, pumpkin, banana, and starter.
2. Fold in the flour and salt until just combined. Cover and rest two hours at room temperature. Leave the soda and powder out for now.
3. Heat the oven to 350°F. Grease or line 18 muffin wells.
4. Whisk the baking soda, baking powder, and spice together, then fold them into the rested batter. Stop the moment it looks even. This is the one place overmixing costs you rise.
5. For the crumble, work the almond extract into the softened butter first, then rub that into the sugar, flour, oats, almonds, and spice with your fingers until it clumps.
6. Scoop the batter evenly into the wells and top each one with crumble.
7. Bake 20 to 25 minutes, until a tester comes out clean.
8. Cool a few minutes in the pan, then move them to a rack.

Overnight version. Rest 6 hours at room temperature, then refrigerate overnight. Mash the banana in the next morning, before the soda and powder.

Storage. Sealed at room temperature 5 days, or 6 months in the freezer.