

## Lemon Poppy Seed Sourdough Muffin

These lemon poppy seed sourdough muffins are an absolute delight! Bursting with tangy, bright lemon flavor, they are the perfect balance of sweetness and zesty goodness. The golden crust adds a touch of crispiness, while the tender and moist interior makes every bite a heavenly experience.



But that's not all - these muffins are also enhanced with protein, making them a wholesome treat for any time of the day. Whether you enjoy them for breakfast, as a snack, or a scrumptious dessert when topped with lemon curd. You can indulge guilt-free knowing that you're nourishing your body with every bite.

So go ahead and treat yourself to these delightful lemon poppy seed sourdough muffins. Your taste buds will thank you, and your body will appreciate the added protein boost!

### INGREDIENTS

#### WET INGREDIENTS

- 8 tablespoons (113 g) unsalted butter (room temperature)
- 1 cup (200 g) sugar
- 1 large egg (room temperature)
- ½ cup (125 g) sourdough starter discard
- 1 cup (246 g) ricotta (optional: lightly blend in food processor to make a little creamier)
- zest of one large lemon
- 1 teaspoon (5 g) lemon juice (fresh squeezed if possible)
- 1 teaspoon (5 g) vanilla extract
- ½ cup (120 g) milk

#### DRY INGREDIENTS

- 2 cups (240 g) all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon (5 g) fine sea salt
- ½ teaspoon baking soda
- 1 tablespoon + 1 teaspoon poppy seeds

## TOPPING (Options)

- LEMON GLAZE
  - 1 cup (120 g) powdered sugar
  - 1 tablespoon (15 g) melted butter
  - 2 tablespoons (30 g) lemon juice (fresh squeezed if possible!)
- DUST WITH POWDERED SUGAR
- [LEMON CURD TOPPING](#)

## INSTRUCTIONS

1. **Prepare:** Preheat oven to 350°F (176°C) and line a 12 count muffin tin with paper liners, or lightly grease and dust with flour.
2. **Dry ingredients:** Whisk the flour, salt, baking powder, baking soda and poppy seeds together in a bowl and set aside.
3. **Wet ingredients:** Cream the butter and sugar using electric mixer until light and fluffy. Add the egg, sourdough discard, milk, ricotta, lemon zest and vanilla extract and mix until smooth.
4. **Combine:** Add the wet ingredients to the dry ingredients and mix with the spatula until just combined. Batter will be thick and lumpy. Do not over-mix. After mixing, either allow the batter to rest for 30 minutes before baking or place the batter in the fridge to ferment overnight.
5. **Bake:** Divide the batter evenly into the 12 liners. Bake for 20-25 minutes or until a toothpick inserted into the center comes out clean. Transfer to cooling rack and cool completely before glazing.
6. **Glaze:** Mix the powdered sugar, lemon juice and butter in a small bowl until smooth. It will take a minute of stirring for the butter to incorporate. Drizzle over the muffins or dip the top of each muffin into the glaze.
  - **Optional:** Dust lightly with powdered sugar.
  - **Optional:** Top with a dollop of [Lemon Curd](#)!!

## NOTES

- Chilled batter can be baked right away. It will be very stiff. It may add a minute or two to the baking time.
- Begin checking for doneness around 20 minutes. Bake longer as needed. Use the toothpick method for checking doneness. Do not overbake as they will be dry.
- Store in an airtight at room temperature for 3 days or wrap in plastic wrap and freeze in an airtight container for up to 4 months.

## Nutrition

Serving: 1muffin | Calories: 295kcal | Carbohydrates: 42g | Protein: 6g | Fat: 12g | Saturated Fat: 7g | Trans Fat: 1g | Cholesterol: 47mg | Sodium: 271mg | Potassium: 149mg | Fiber: 1g | Sugar: 22g | Vitamin A: 366IU | Vitamin C: 1mg | Calcium: 114mg | Iron: 1mg

Prep Time: 10 minutes  
Bake Time: 25 minutes

Servings: 12