

Gluten-Free Sourdough Pumpkin Chocolate Chip Muffins & Bread

Made with Jenna's AP V2 flour blend and sorghum sourdough discard

Yield	Muffins	Oven
12 muffins or 1 loaf	18–23 minutes	375°F, then 350°F

Ingredients

240 g	Jenna's AP V2 flour blend (formula on page 2)
8 g	Baking powder
3 g	Baking soda
4 g	Fine salt
5 g	Ground cinnamon
5 g	Pumpkin pie spice
240 g	Plain pumpkin puree (not pumpkin pie filling)
120 g	Gluten-free sourdough discard, 100% hydration (sorghum)
140 g	Packed light brown sugar
50 g	Granulated sugar
100 g	Eggs (about 2 large)
90 g	Shelf-stable liquid coconut oil
10 g	Vanilla extract
40 g	Whole milk, plus up to 15 g more only if needed
150 g	Semi-sweet chocolate chips, plus a few for the tops

Instructions

1. Heat the oven to 375°F (190°C). Line a 12-cup standard muffin pan with paper liners or grease it well. For bread, grease and line a 9 × 5-inch loaf pan.
2. In a medium bowl, whisk together the AP V2 flour blend, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice.
3. In a large bowl, whisk the pumpkin puree, sourdough discard, brown sugar, granulated sugar, eggs, shelf-stable liquid coconut oil, vanilla, and 40 g milk until smooth.
4. Add the dry ingredients to the wet ingredients. Fold just until no dry pockets remain, then fold in the chocolate chips. Do not beat the batter.
5. Rest the batter for 15 minutes so the rice flour and starches can hydrate. The batter should be thick but scoopable. If it is too stiff to hold a firm mound, fold in additional milk 5 g at a time, using no more than 15 g.
6. Divide the batter evenly among 12 muffin cups, or spoon it into the prepared 9 × 5-inch loaf pan. Add a few chocolate chips to the tops, if desired.
7. For muffins: bake at 375°F for 5 minutes. Without opening the oven, reduce the temperature to 350°F (175°C) and bake for 13–18 minutes more. For a loaf: bake at 375°F for 15 minutes, then reduce to 350°F and bake for an additional 40–50 minutes.
8. The muffins are done when the tops spring back lightly, a tester has moist crumbs but no wet batter, and the centers reach about 205–208°F (96–98°C). Cool in the pan for 10 minutes, then move to a wire rack.

Batter note: Pumpkin brands and discard consistency vary. Add optional milk only after the 15-minute rest.

Storage

Cool completely before covering. Store airtight at room temperature for up to 2 days, refrigerate for up to 5 days, or freeze individually for up to 2 months. Thaw while wrapped to reduce moisture loss.

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Jenna's AP V2 Flour Blend

This is the all-purpose blend used in the pumpkin muffins and bread on page 1. The weights below make 700 g of flour blend.

Ingredients

- 337 g white rice flour
- 110 g arrowroot starch
- 105 g tapioca starch
- 98 g nonfat dry milk powder
- 36 g potato starch
- 14 g xanthan gum

To make the blend

Weigh all ingredients into a large bowl or airtight container. Whisk thoroughly until evenly combined, or seal the container and shake well. Measure out 240 g for this recipe.

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