



Sourdough Chocolate Zucchini Muffins Recipe

A Happy Little Accident

I first made these muffins on a busy Tuesday. My zucchini plant was going wild. I had some sourdough starter that needed using. I thought, why not put them together? The result was a chocolatey surprise. I still laugh at that.

This matters because it shows how to use what you have. You do not need a perfect plan. Sometimes the best treats come from a happy mix-up. Have you ever made a great recipe by accident? I would love to hear your story.

Why Zucchini in a Muffin?

I know it sounds funny. But trust your kitchen grandma. Grated zucchini makes muffins so soft and moist. You will not even taste it. The chocolate and orange are the stars here.

This matters because it is a sneaky way to eat a vegetable. It feels like a treat, but it is a little bit good for you too. Fun fact: Zucchini is actually a fruit, because it comes from a flower! Does your family have a favorite “sneaky” recipe?

Let's Get Mixing

First, get your big bowls ready. Mix all the dry things in one. That is the flour, cocoa, and those little powders. In the other bowl, mix the wet things. The coconut oil and sugar will smell so nice.

Now, stir the dry into the wet. Do not mix too much. A few lumps are just fine. Then, fold in your chocolate chips. That orange zest makes the whole kitchen smell amazing. What is your favorite smell when you are baking?

A Secret for Tall Muffins

Here is a little baker's secret. If you have time, let the batter rest. Just pop the bowl in the fridge for an hour. This helps the muffins rise up tall and proud. I know, waiting is hard.

The other trick is the hot oven start. You bake them hot for five minutes. Then you turn the heat down without opening the door. This gives them a nice little boost. See how clever that is?

Time to Share

Let the muffins cool a bit before you eat one. I know, it is the hardest part. But it is worth the wait. The chocolate will be melty and wonderful.

These are best shared with someone you love. Take a plate to a neighbor. Or share them with your family after school. Food just tastes better when we eat it together. Who will you share your first batch with?

Ingredients:

Ingredient	Amount	Notes
Spelt flour	1 1/2 cups	Dry ingredient
Cocoa powder	3 tablespoons	Dry ingredient
Salt	1/2 teaspoon	Dry ingredient
Baking powder	1 1/2 teaspoons	Dry ingredient
Baking soda	1 teaspoon	Dry ingredient
Coconut oil	1/3 cup	Melted, wet ingredient
Coconut sugar	3/4 cup	Wet ingredient
Eggs	2 large	Room temperature, wet ingredient
Zucchini	1 1/2 cups (150g)	Grated, no need to peel or drain, wet ingredient
Orange zest	From 1 large orange	Wet ingredient
Orange juice	2 tablespoons	Wet ingredient
Sourdough starter	1/2 cup	Wet ingredient
Buttermilk	1/4 cup	Wet ingredient
Chocolate chips	1/2 cup (heaping)	Plus extra for topping if desired



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My Secret Garden Muffins

Hello, my dear. Come sit with me for a moment. I want to tell you about my Sourdough Chocolate Zucchini Muffins. They are a little bit magic, I think. You get chocolate cake for breakfast, with a hidden garden inside. My grandson never guesses the secret ingredient. He just asks for more. I still laugh at that.

See also [Apple Cheesecake with Caramel Sauce](#)

These muffins are my favorite way to use up that extra sourdough starter. It gives them a lovely little tang. Doesn't that smell amazing? And the zucchini makes them so wonderfully moist. You won't even taste it, I promise. It just makes the chocolate richer. Let me show you how it's done.

- **Step 1:** First, get your oven nice and hot, to 425 degrees. Grease your muffin tins well. I like to use a little bit of butter on a paper towel. It reminds me of baking with my own grandma. Her tins were always perfectly prepared.
- **Step 2:** Now, grab a medium bowl. We will whisk the dry things together. That's the spelt flour, cocoa powder, salt, baking powder, and soda. Whisking gets out all the lumps. It makes everything light and happy.
- **Step 3:** In a bigger bowl, mix the melted coconut oil and coconut sugar. It will look a bit sandy. Then add your eggs, one at a time. Make sure they are not cold from the fridge. (A hard-learned tip: cold eggs can make the coconut oil clump up again!).
- **Step 4:** Here comes the fun part. Stir in the grated zucchini. No need to peel it! Add the orange zest, juice, sourdough starter, and buttermilk. The orange and chocolate are such good friends. What's

your favorite chocolate pair? Share below!

- **Step 5:** Slowly add your dry ingredients to the wet ones. Mix them until they are just combined. A few little flour streaks are just fine. We do not want to overmix. That makes tough muffins.
- **Step 6:** Now, fold in those lovely chocolate chips. They are the best surprise in every bite. I always use a heaping half-cup. Why not be generous? It makes everyone smile.
- **Step 7:** If you can wait, pop the bowl in the fridge for an hour. This rest gives the muffins a better rise. I know, it's hard to be patient. But it is a good little trick.
- **Step 8:** Spoon the batter into your prepared muffin tins. I like to add a few extra chips on top. They look so pretty when they bake. It's like a little hat for each muffin.
- **Step 9:** Bake at 425 for 5-6 minutes. Then, without opening the door, turn the heat down to 350. Bake for another 13-15 minutes. The high heat first gives them a beautiful dome. It's my favorite baker's secret.
- **Step 10:** Check if they are done with a cake tester or a knife. It should come out clean. If it does, they are perfect. Let them cool in the tin for a bit. I know, it is the hardest part.

See also [Nutritious High-Protein Breakfast Delight](#)

Cook Time: 20 minutes

Total Time: 1 hour 30 minutes (with rest)

Yield: 12 muffins

Category: Breakfast, Snack

Three Tasty Twists to Try

I love this recipe just as it is. But sometimes, it is fun to play with your food. You can change it up so easily. Here are a few ideas from my kitchen. I think you will like them.

- **Spicy Kick:** Add a tiny pinch of cayenne pepper to the dry ingredients. It makes the chocolate taste even deeper and warmer.
- **Nutty Crunch:** Swap half the chocolate chips for chopped walnuts or pecans. The crunch is so satisfying with the soft muffin.
- **Summer Berry:** Fold in a handful of fresh raspberries instead of chocolate chips. They get all jammy and sweet inside.

Which one would you try first? Comment below!

Serving Them Up With Style

A warm muffin is a joy all on its own. But you can make it a special treat. For breakfast, I slice one in half and toast it lightly. I serve it with a dollop of Greek yogurt and a drizzle of honey. It is pure heaven.

For an afternoon snack, they are perfect with a glass of cold milk. If you are having guests, a pot of Earl Grey tea pairs beautifully. The bergamot orange and the orange in the muffin are lovely together. For a cozy evening, a small glass of cherry liqueur is a nice, grown-up match.

Which would you choose tonight?



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Keeping Your Muffins Happy

These muffins stay fresh on the counter for a few days. Just cover them with a cloth. I like to keep them in my old bread box.

You can freeze them for later, too. Wrap each muffin tightly in plastic wrap. Then pop them all into a freezer bag. This stops them from getting icy.

To reheat, just warm a frozen muffin in the oven. I set mine to 300 degrees for about ten minutes. It makes the kitchen smell wonderful all over again.

I once baked a double batch for my grandson's visit. He was so happy to take a bag home. Making extra saves time and makes someone's day.

This matters because good food is meant to be shared. A little planning lets you share kindness anytime. **Have you ever tried storing it this way? Share below!**

Simple Fixes for Common Muffin Troubles

Sometimes muffins don't rise nicely. This can happen if your baking powder is old. Check the date on your container before you start.

If your muffins are too dense, you might have over-mixed. Stir the batter just until you see no more dry flour. A few lumps are just fine.

I remember when my muffins stuck to the pan. I was so sad. Now I always grease the tins very well, even with paper liners.

See also Huevos Rancheros Brunch Casserole with Ham and Cheese

Getting a good rise matters for a light, tender bite. Avoiding a sticky pan means your treats come out perfectly. This builds your cooking confidence.

You will feel so proud of your beautiful muffins. **Which of these problems have you run into before?**

Your Muffin Questions Answered

Q: Can I make these gluten-free? A: Yes, use a gluten-free flour blend. It should work just fine.

Q: Can I make the batter ahead? A: Yes, the fridge rest is perfect for this. Just bake them in the morning.

Q: What can I use instead of buttermilk? A: Mix regular milk with a teaspoon of lemon juice. Let it sit for five minutes.

Q: Can I double this recipe? A: Absolutely. Just use two muffin tins. Your friends will thank you.

Q: Is the orange zest optional? A: It is, but it adds a lovely little zing. I think it makes the chocolate taste richer.

Fun fact: The zucchini makes these muffins so moist, you can hardly taste it! **Which tip will you try first?**

A Little Note From My Kitchen

I hope you love baking these as much as I do. They are a little piece of

cozy comfort. Sharing recipes is how we share love.

I would be so delighted to see your creations. It makes my day to see your kitchen adventures. **Have you tried this recipe? Tag us on Pinterest!**

Happy cooking!

—Elowen Thorn.

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Author: Elowen Thorn



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Difficulty: **Beginner**



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Prep time: **15 minutes**



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Cook time: **20 minutes**



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Rest time: **1 hour**



Total time: **1 hour 35 minutes**



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Servings: **12 muffins**



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Calories:**212 kcal**

Best Season: **Summer**

Description

These moist and flavorful muffins combine the tang of sourdough with

rich chocolate and fresh zucchini for a delicious treat.

Ingredients

- ☐ 1 1/2 cups spelt flour
- ☐ 3 tablespoons cocoa powder
- ☐ 1/2 teaspoon salt
- ☐ 1 1/2 teaspoons baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1/3 cup coconut oil, melted
- ☐ 3/4 cup coconut sugar
- ☐ 2 large eggs
- ☐ 1 1/2 cups zucchini, 150g
- ☐ Zest from 1 large orange
- ☐ 2 tablespoons orange juice
- ☐ 1/2 cup sourdough starter
- ☐ 1/4 cup buttermilk
- ☐ 1/2 cup heaping chocolate chips, (plus extra to top the muffins if desired)

Instructions

1. Preheat the oven to 425 degrees. Grease muffin tins well or line with paper liners.
2. In a medium bowl, whisk together the spelt flour, cocoa powder, salt, baking powder, and baking soda.
3. In a separate large bowl, whisk together melted coconut oil and coconut sugar, then incorporate one room temperature egg at a time.
4. Stir in grated zucchini (no need to peel it or drain any water from it), orange zest, orange juice, sourdough starter, and buttermilk.

5. Gradually add dry ingredients to the wet ingredients and mix until just combined.
6. Stir in chocolate chips.
7. If you have time, allow mixture to rest in the fridge for one hour, as this will give the muffins a better rise.
8. Distribute batter into the prepared muffin wells. If desired, top muffins with a few chocolate chips.
9. Bake in a preheated oven at 425 for 5-6 minutes, then drop the oven temperature to 350 (no need to open the oven door) and continue to bake for 13-15 minutes (total approx bake time is 20 minutes).
10. Test muffins with a cake tester or knife.
11. Allow to cool.

Notes

For best results, use room temperature ingredients. The one-hour rest in the fridge is optional but recommended for optimal rise.

Keywords:Sourdough, Chocolate, Zucchini, Muffins, Baking