



Sourdough Pumpkin Oat Crumble Muffins

A Happy Little Accident

I first made these muffins on a chilly morning. I had some extra pumpkin and sourdough starter. I thought, why not put them together? The result was this wonderful, cozy recipe.

I still laugh at that. My best recipes often start as kitchen experiments. It reminds me that it is okay to try new things. What is your favorite “happy accident” in the kitchen?

The Heart of the Muffin

Let’s talk about that sourdough starter. It might seem strange in a

muffin. But it gives them a special softness and a little tang. It is a wonderful way to use your discard.

This matters because it connects us. We are taking care of our starter, and it gives back. It turns simple ingredients into something magical. Doesn't that smell amazing when it bakes?

Making the Crumble Topping

The crumble on top is my favorite part. You mix it with your hands. Feel the butter, sugar, and oats come together. It is a bit messy, but so much fun.

Fun fact: Using your hands to mix helps keep the butter from melting. This makes the topping extra crispy. Do you like getting your hands a little dirty when you cook?

Bringing It All Together

When you mix the batter, be gentle. Stir until the flour just disappears. Over-mixing makes muffins tough. We want them light and fluffy.

I like to use an ice cream scoop for the batter. It keeps everything neat and even. This little trick saves me from a big mess. Every muffin gets the same amount of love.

A Cozy Lesson

Baking is not just about following steps. It is about the feeling you put into it. These muffins fill your home with a warm, spiced smell. That smell is a kind of happiness.

This matters because sharing what you bake is a way to show you care.



A warm muffin can make someone's day better. Who will you share your first batch with?



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Ingredients:

Ingredient	Amount	Notes
Melted butter	1/2 cup	For the muffin batter
Dark brown sugar	1 cup	For the muffin batter
Pumpkin puree	1 1/2 cups	
Large eggs	2	
Sourdough starter discard	1/2 cup	
Vanilla	1 teaspoon	
All-purpose flour	2 cups	
Baking soda	1 teaspoon	
Baking powder	2 teaspoons	
Salt	1 teaspoon	
Pumpkin spice	2 teaspoons	For the muffin batter
Brown sugar	1/2 cup	For the crumble topping
Oats	1/2 cup	For the crumble topping
Flour	2 tablespoons	For the crumble topping
Softened butter	4 tablespoons	For the crumble topping
Pumpkin spice	1 teaspoon	For the crumble topping



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How to Make Sourdough Pumpkin Oat Crumble Muffins

Oh, these muffins bring back such memories. My grandson, Leo, calls them his hug in a muffin. I think it's the cozy pumpkin spice. It makes the whole kitchen smell like a happy autumn morning. Let's get baking together. It's easier than you think.

- **Step 1:** First, let's wake up the oven. Turn it on to 350 degrees. Then, get your muffin tin ready. I like to grease it with a little butter. Doesn't that smell amazing already? It reminds me of my own grandma's kitchen.
- **Step 2:** Now, let's make the muffin batter. Mix the melted butter and brown sugar for a full five minutes. It will get light and fluffy. Then add the eggs, vanilla, pumpkin, and your sourdough starter. (My hard-learned tip: Don't worry if your starter is old! This is the perfect job for discard.)
- **Step 3:** In another bowl, mix your dry ingredients. That's the flour, baking soda, baking powder, spice, and salt. Add this to your wet mixture a little at a time. Just mix until you can't see flour anymore. Over-mixing makes tough muffins, you see.
- **Step 4:** Time for the best part, the crumble! Put all the crumble ingredients in a small bowl. Now, use your clean hands to mix it. You'll make a lovely, clumpy topping. I still laugh at how messy my fingers get.
- **Step 5:** Scoop the batter into your muffin tin. An ice cream scoop makes this so easy. Then, pile that yummy crumble on top of each one. What's your favorite kitchen tool for baking? Share below!
- **Step 6:** Bake them for about 20 to 25 minutes. You'll know they're done when a toothpick poked in the middle comes out clean. Let

them cool for a bit before you eat them. The wait is the hardest part, I know.

See also [Golden Sweet Cornbread Recipe](#)

Cook Time: 20–25 minutes

Total Time: 40 minutes

Yield: 12 muffins

Category: Breakfast, Snack

3 Fun Twists on This Muffin Recipe

I love a good recipe, but playing with it is even more fun. You can make these muffins your own. Here are a few ideas I've tried over the years. They always bring a smile.

- **Chocolate Chip Surprise:** Fold a handful of dark chocolate chips into the batter. The melty chocolate with the pumpkin is pure magic.
- **Cranberry Swirl:** Mix a spoonful of cranberry sauce into each muffin cup. Use a knife to swirl it around for a pretty look.
- **Nutty Crunch:** Add some chopped pecans or walnuts right into the crumble topping. It gives a wonderful, toasty crunch.

Which one would you try first? Comment below!

The Perfect Way to Serve Your Muffins

A warm muffin is a treat all by itself. But you can make it a special little meal. I love serving these on my blue checked plate. It just feels right for a cozy snack.

For a lovely breakfast, pair a muffin with a bowl of Greek yogurt. A little

drizzle of honey on top is perfect. For a real treat, warm a muffin and add a pat of salted butter. It melts right into all the nooks and crannies.

What to drink? A cold glass of milk is my favorite. It's a classic for a reason. For the grown-ups, a hot cup of chai tea pairs beautifully with the spices. Which would you choose tonight?



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Keeping Your Muffins Happy

Let's talk about keeping these muffins fresh. They are best the day you bake them. But they freeze beautifully for later.

See also [Strawberry Stuffed French Toast Recipe](#)

Just let them cool completely first. Then pop them into a freezer bag. They will keep for about three months.

I once gave a frozen muffin to my grandson in summer. He said it tasted like a piece of fall! To reheat, just warm them in a low oven.

This matters because a little batch cooking saves big time. A warm muffin on a busy morning is a small gift to yourself. **Have you ever tried storing it this way? Share below!**

Muffin Troubleshooting

Sometimes muffins can be tricky. Do not worry. I have some easy fixes for you.

If your muffins are dense, you might have over-mixed the batter. I remember when I did that. They were like little bricks! Just mix until the flour disappears.

If the crumble sinks, your butter was too soft. It should be just soft enough to mix. If the tops are pale, your oven might be a bit cool. An oven thermometer helps a lot.

Fixing these small things builds your cooking confidence. It also makes

your food taste so much better. **Which of these problems have you run into before?**

Your Muffin Questions Answered

Q: Can I make these gluten-free? A: Yes! Use your favorite gluten-free flour blend. It works just fine.

Q: Can I make the batter ahead? A: You can mix it the night before. Keep it covered in the fridge.

Q: What can I use instead of pumpkin spice? A: Use cinnamon. It will still be delicious and warm.

Q: Can I double this recipe? A: Absolutely. Just use two muffin tins.
Fun fact: Sourdough starter helps keep baked goods moist.

See also Hearty Sausage Gravy for Biscuits

Q: Is the crumble topping optional? A: It is not. But it is the best part! **Which tip will you try first?**

Share Your Baking Joy

I hope you love baking these muffins. My kitchen smells wonderful right now. I wish you could all visit.

I would love to see your creations. It makes me so happy to see your bakes. Sharing food is a way to share love.

Have you tried this recipe? Tag us on Pinterest! I cannot wait to see your beautiful muffins. Happy cooking!



—Elowen Thorn.

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Sourdough Pumpkin Oat Crumble Muffins

Author: Elowen Thorn



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Cuisine: [American](#)



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Difficulty: **Beginner**



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Prep time: **15 minutes**



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Cook time: **25 minutes**



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Rest time:



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Total time: **40 minutes**



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Servings: **12 muffins**



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Calories:**223 kcal**

Best Season: **Summer**

Description

These moist and flavorful muffins combine the tang of sourdough with

classic pumpkin spice, all topped with a delicious oat crumble.

Ingredients

- ☐ 1/2 cup melted butter
- ☐ 1 cup dark brown sugar
- ☐ 1 1/2 cups pumpkin puree
- ☐ 2 large eggs
- ☐ 1/2 cup sourdough starter discard
- ☐ 1 teaspoon vanilla
- ☐ 2 cups all-purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 2 teaspoons baking powder
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons pumpkin spice

Crumble Topping:

- ☐ 1/2 cup brown sugar
- ☐ 1/2 cup oats
- ☐ 2 tablespoons flour
- ☐ 4 tablespoons softened butter
- ☐ 1 teaspoon pumpkin spice

Instructions

1. Preheat the oven to 350 degrees. Lightly grease a muffin tin or line with cupcake liners.
2. In a stand mixer or bowl, mix melted butter and brown sugar for five minutes until light and fluffy.
3. Add in eggs, vanilla, pumpkin puree, and sourdough starter.

4. Combine dry ingredients (flour, baking soda, baking powder, pumpkin spice, and salt) well in a medium bowl.
5. Add in dry ingredients 1/3 at a time and mix until just incorporated. You don't want to over-mix.
6. In a small bowl, add softened butter, brown sugar, flour, oats, and pumpkin spice and mix until well combined. I find my hands to be the best tool for this job.
7. Add equal amounts of batter to each muffin well. For super easy distribution, use an ice cream scooper.
8. Top each muffin with crumble.
9. Place in the oven and bake for 20-25 minutes. Test with a toothpick or cake tester. When it comes out clean, it is ready.
10. Allow the muffins to cool for a few minutes and transfer to a baking rack.

Notes

For best results, ensure your sourdough starter is active or at room temperature. Do not over-mix the batter to keep the muffins tender.

Keywords:Sourdough, Pumpkin, Muffins, Crumble, Fall Baking