



Chocolate and Rye Banana Bread Muffins

This is another great, fast way to use your starter, and use up any overripe bananas that you have. The chocolate provides extra sweetness, the rye flour adds whole-grain goodness and texture, and baking these as muffins instead provides an easy-to-grab tasty cake!

Note: I use 50 grams ($\frac{1}{4}$ cup) of honey in my banana bread recipes; if you prefer a sweetie flavor, increase the amount or use sugar of your choice.

150 g ($1\frac{1}{2}$ cups) all-purpose flour (see Top Tips)

50 g ($\frac{1}{2}$ cup) dark rye flour

100 g ($\frac{1}{2}$ cup) starter

50 g ($\frac{1}{4}$ cup) runny honey

50 g ($\frac{1}{4}$ cup) butter (I use slightly salted butter), at room temperature

3 very ripe medium-sized bananas, peeled and mashed, plus 1 extra banana for decoration

50 g ($\frac{1}{2}$ cup) chocolate chips or chunks

1 medium-sized or large egg (see Top Tips)

7 g (1 tsp) baking soda

3.5 g ($\frac{1}{2}$ tsp) baking powder

PREP: Your starter does not add rise in this recipe; instead, it adds flavor to the finished creation. You can use any starter made with any flour, including discard starter. Line a twelve-well muffin pan with paper liners.

Makes 12 muffins

Step 1: In a medium-sized mixing bowl combine all the ingredients, except the extra banana. Mix well to form a lumpy batter, ensuring no dry flour is left, but not overmixing.

Step 2: Pour the mixture into your prepared muffin pan. Slice the remaining banana widthwise and arrange the pieces decoratively on top, cut side up.

Step 3: When you are ready to bake, decide whether you would like to bake in a preheated oven or from a cold start. If preheating, set the oven to 325°F (160°C) for convection or 350°F (180°C) for conventional.

If you preheated the oven, bake uncovered for 20 minutes, or until a metal skewer or thin knife inserted into the center of a muffin comes out clean. If using a cold start, place the uncovered pan of dough in the oven, set the temperature as above and set a timer for 25 minutes. Bake for the allotted time, or until a metal skewer or thin knife inserted into the center of a muffin comes out clean.

Step 4: Remove the pan from the oven and place the cooked muffins on a rack to cool. Serve either warm or cooled.

Top Tips:

If you would like, replace the rye flour with whole wheat flour, whole-grain spelt flour or emmer flour.

For an egg-free option: Make a flax egg by mixing 1 tablespoon of ground flaxseeds with 2½ tablespoons (37 ml) of warm or room-temperature water. Stir, then allow it to sit for 5 minutes to thicken. Replace the egg with the flax egg.