

Chicken Muffins (THM XO)

Makes 12 large muffins

Ingredients:

Muffins:

- 1 1/2 cups water
- 1/2 cups sourdough discard
- 2 cups whole wheat flour
- 2 eggs
- 1/2 tsp mineral salt
- 2 tsp baking powder
- 1 tsp baking soda
- 3 TBS THM Gentle Sweet

Filling:

- 1 block 1/3 fat cream cheese
- 1 onion, diced
- 1 can of chicken
- 1/2 tsp mineral salt
- 1/2 tsp black pepper
- 1/2 tsp onion powder

Directions:

Make sponge by combining water, discard, and flour. Allow it to ferment on the counter for 8 or more hours.

After fermentation, preheat oven to 375. Grease your muffin tin.

Add rest of muffin ingredients to sponge and mix well.

In a pan over medium high heat, saute onions until translucent. Add chicken and stir for a minute. Add cream cheese and seasonings, stir until well combined.

In your greased muffin tin, add batter to fill the hole half-way. Add a spoonful or two of the filling to each muffin. Cover with the rest of the batter.

Bake for 15-18 minutes, let cool slightly, and enjoy!