

Savoury Muffins

Ingredients

1½ cups soymilk
1 tsp apple cider vinegar
1 cups baker's flour or gluten free flour
1 cup besan flour
1½ tsp baking powder
¼ tsp bicarb
1 tsp dried Italian herbs
¾ tsp salt
¼ tsp garlic powder
¼ cup nutritional yeast
½ cup sweet potato puree
2 tbsp olive oil
½ cup pumpkin seeds (½ for the mix and ½ for the top of the muffin)
½ cup soaked sundried tomatoes cut small
½ cup grated zucchini (with water pressed out) or ½ cup grated carrot
Pepper

Method

1. Place the soy milk and vinegar in a bowl and let curdle (can take up to 20 minutes). Place all the dry ingredients in another bowl and whisk to remove any lumps.
2. Add the pureed pumpkin, olive oil and all other ingredients (reserving ½ the pumpkin seeds for the top of the muffins) to the dry bowl and slowly fold the milk and vinegar in to the mix.
3. Line a cup cake or muffin tin with cup cake papers and using an ice cream scoop, scoop the mix evenly into the cup cake or muffin tin, press in the pumpkin seeds to decorate each muffin. Bake in a 180°C oven for 30 minutes or until a skewer comes out clean.



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