

Vegan Courgette and Sundried Tomato Savoury Muffins

Ingredients:

Soy Milk	0.387Kg
Apple Cider Vinegar	1 tsp
Pumpkin Puree	0.075Kg
Olive Oil	2 tbsp
Flour	0.240Kg
Nutritional Yeast	0.036Kg
Baking Powder	1 ½ tsp
Baking Soda	¼ tsp
Salt	½ tsp
Garlic Powder	¼ tsp
Dried Italian Herbs	1 tsp
Pumpkin Seeds	0.060Kg
Shredded Courgette	0.124Kg
Sundried Tomato	0.027Kg



Method:

1. Preheat oven to 350°F/170°C. Line a 12-hole muffin tin with paper cases and slightly spray with oil and set it aside.
2. In a bowl, whisk milk and apple cider vinegar. Set it aside for 10 minutes until it curdles. Once it has curdled, stir in the pumpkin puree and olive oil, beat until batter is smooth and set aside.
3. In another bowl, whisk all the dry ingredients, flour, nutritional yeast, baking powder, baking soda, salt, garlic powder and dried Italian herbs.
4. Stir the wet ingredients into the dry ingredients until just combined.
5. Fold in shredded, drained courgette, sundried tomatoes, pumpkin seeds (set 2 tbsp aside to sprinkle on top).
6. Transfer the muffin batter into the prepared muffin cases, fill them up to ¾ and sprinkle the remaining pumpkin seeds on top.
7. Bake on the centre rack of the oven for 30 minutes or until golden brown on top and a pick inserted in the centre and comes out clean.
8. Cool down on a rack then enjoy cold or warm.