# Cheesy gluten free vegan muffins

Preparation time
15 minutes

Cooking time
30 minutes

Serves
6

Recipe courtesy of
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Ingredients Method Nutrition

56g dairy free butter, melted

140ml soy milk

10g of ground flax, mixed with 4 tbsp of water

10ml apple cider vinegar

2g smoked paprika

80g gluten free plain flour

60g chickpea flour

12g baking powder

4g baking soda

40g nutritional yeast

2g salt

2g pepper

40g grated and dry zucchini

40g grated and dry broccoli

6g diced chives

40g vegan cheese (optional)

1. Preheat oven at 180° C
2. Grease and line a muffin tin with dairy free butter (or olive oil spray)
3. Mix flax with 4 tablespoons of water and set aside to thicken
4. Grate zucchini and broccoli and dry with paper towel
5. Whisk together wet ingredients (melted dairy free butter, soy milk, flax/water and apple cider vinegar)
6. Whisk in flour, baking powder, baking soda, nutritional yeast, salt and pepper
7. With a wooden spoon fold in veggies
8. Scoop muffin mixture evenly in muffin tins (make sure there is room for muffins to rise)
9. Bake for 30 minutes or until a toothpick comes out of muffin clean
10. Turn muffins out onto a cooling rack and allow to cool for 10 minutes
11. Once cool, ready to eat or store in container for the following day/week

Storage tip - these muffins can be refrigerated for up to 7 days or freeze and defrost when ready to consume.

Nutritional information is provided per serve

| | |
|---|---|
| Engery | 678kj |
| Protein | 7g |
| Saturated Fat | 2g |
| Total Fat | 9g |
| Carbohydrates | 11g |
| Sugars | 2g |
| Dietary Fibre | 5g |
| Sodium | 524mg |