



NO OIL, GLUTEN FREE SAVORY VEGAN MUFFINS WITH A TAHINI DRIZZLE GLAZE

This recipe is from my amazing friend Niyati. She whipped these up for a vegan game night I was hosting and everyone wanted the recipe. These are a satisfying and healthy option - especially when you need something you can just grab and go.

- 3 cups of shredded veggies (a food processor helps!) - try zucchini, carrots and spinach
 - 5 sundried tomatoes, chopped
 - 3 cups flour (she used equal parts rice flour, quinoa flour and gluten free flour from Trader Joe's, I used equal parts sprouted brown rice flour and sprouted chickpea flour)
 - 3 tsp baking powder
 - 1.5 tsp baking soda
 - 4 tablespoons nutritional yeast (I like to use the non-fortified one from Sari Foods since nutritional yeast does not naturally have B12 in it, which other brands add as a synthetic vitamin)
 - 1-2 cups non-dairy milk
 - salt and pepper to taste
- 50 minutes, 12 muffins

Preheat the oven to 400 degrees. Line a muffin tin with muffin cups (I like to use the If You Care unbleached muffin papers - less chemicals than traditional muffin cups because they aren't bleached with chlorine or decorated with metallic paper).

Add veggies to a food processor or shred with a box grater or knife. Mix together all the ingredients in a bowl. Be careful not to over mix the batter or it could get tough. Bake for 40 minutes.



TAHINI DRIZZLE GLAZE

- ¼ cup tahini
- 1.5 tablespoons coconut aminos (soy-free sauce alternative)
- 1 tablespoon mustard paste or ground mustard powder

Whisk ingredients together in a bowl. Drizzle over muffins once ready to serve and enjoy!