

Savory Muffins

These vegan savory muffins are stuffed with juicy tomatoes, sweet corn, caramelized onions, and seasoned with Italian herbs. They are delicious and perfect to be served for breakfast, packed in the lunch box, or enjoyed as a snack at any time of the day.

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Prep Time 10 minutes

Cook Time 10 minutes

Baking time 25 minutes

Servings 12 muffins



Ingredients

Ingredients for caramelized onion

- 1 medium-sized red onion thinly sliced
- 1 tsp cooking oil
- 1/8 tsp sugar
- 1/8 tsp salt

Other ingredients

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 2 tsp baking powder
- ½ tsp baking soda
- 1 tbsp dried mixed Italian herbs
- ½ tsp ground black pepper
- Salt as per taste
- 1 ½ chopped tomatoes
- ½ cup sweet corn kernels fresh/ frozen/ canned
- ¼ cup chopped spring onion both white and green part
- 1 ¼ cups soy milk/ any plant-based milk
- 1 tsp apple cider vinegar
- ¼ cup + 1 tbsp any cooking oil preferably neutral-flavoured

Instructions

1. Heat 1 teaspoon oil in a pan and add sliced onion. Add sugar, salt, and saute until the onion gets caramelized.
2. Take soy milk in a bowl and add apple cider vinegar. Mix and keep aside for a few minutes or until the milk curdles.
3. Mix both the flours, baking soda, baking powder, pepper, salt, and Italian herbs in a bowl.
4. In another large bowl mix curdled milk and oil. Add the dry ingredients and mix well.
5. Add caramelized onion, tomatoes, corn, and spring onion. Mix.
6. Put the muffin batter in muffin molds and bake in a pre-heated oven at 180°C for around 25 minutes or until they clear the toothpick test.
7. Allow to cool on a cooling rack and then unmold. Enjoy!