

EURASYP: Vegetarian Recipes with Yeast Extract

Zucchini Muffins

Ingredients for 4 portions (12 muffins)

1 zucchini, 10.6 oz. flour, 1 tsp. of each baking powder and soda, 1-2 tsp. granulated vegetable stock with yeast extract, 50 ml vegetable oil, 3 eggs, 1 yoghurt pot (= 5.3 oz.), 1 sour cream pot (= 5.3 oz.), 1 tsp. tomato puree, 0.7 oz. cherry tomatoes, 1/4-1/2 tsp. chilli flakes, sugar

Directions

1. Wash, clean, roughly grate and squeeze out zucchini. Mingle flour, baking powder, soda and 1 tsp. of vegetable granulated stock with yeast extract. The yeast extract in the stock has a savoury taste of its own and adds an aromatic flavour to the vegetable muffins. Whisk oil, eggs and yoghurt and stir with dry ingredients and zucchini. Distribute dough into 12 muffin moulds. Preheat oven to 180 °C (gas: level 3, convection oven 160 °C) and bake muffins for approx. 25-30 min golden brown.
2. Mix sour cream and tomato puree. Wash and finely dice tomatoes, mix with dip and add granulated vegetable stock with yeast extract, chilli flakes and sugar.
3. Serve muffins hot or cold with dip.

Minutes to prepare: approx. 45
Baking time: approx. 25-30 min

Illustration



The vegetarian zucchini muffins become extra savoury with yeast extract.

Picture credits: www.hefeextrakt.info