

Zucchini Bread Recipes

Vegan Zucchini Savory Muffins: Healthy Party Appetizer

15 min Prep time	**25 min** Cook time	**40 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Wet Ingredients

- [ ] 1 cup unsweetened almond milk (or other plant-based milk)
- [ ] 1/4 cup olive oil
- [ ] 1 teaspoon apple cider vinegar

Dry Ingredients

- [ ] 1 3/4 cups all-purpose flour
- [ ] 1/4 cup nutritional yeast
- [ ] 2 teaspoons baking powder
- [ ] 1/2 teaspoon baking soda
- [ ] 1/2 teaspoon salt
- [ ] 1/2 teaspoon garlic powder
- [ ] 1/2 teaspoon onion powder
- [ ] 1 teaspoon dried oregano (or mixed Italian herbs)
- [ ] A pinch of black pepper

Fold-In

- [ ] 1 1/2 cups grated zucchini (about 1 medium), excess water squeezed out

Instructions

1. First, let's set a calm mood in the kitchen. Preheat your oven to 375°F (190°C). Take out your favorite 12-cup muffin tin and line it with paper liners. Now, for the zucchini. Using the large holes of a box grater, shred your zucchini. Place the shreds in the center of a clean kitchen towel or a few layers of paper towels, and gently squeeze out the excess moisture. You want it damp, not dripping wet. This little step is so important for getting that perfect, fluffy texture. Set your prepared zucchini aside for a moment.

2. In a large mixing bowl, we'll combine the wet ingredients. Pour in the plant-based milk, the olive oil, and the apple cider vinegar. Give them a gentle whisk together. This mixture might look a little curdled from the vinegar, and that's a good thing! It's creating a sort of vegan 'buttermilk' that will react with the baking soda to make our muffins wonderfully tender and light. It's a simple bit of kitchen chemistry that feels like magic.

3. Now, let's add our dry ingredients directly into the same bowl. I love a one-bowl recipe, don't you? Add the all-purpose flour, nutritional yeast, baking powder, baking soda, salt, garlic powder, onion powder, and dried herbs. Using a spatula or wooden spoon, stir everything together until it is *just* combined. Please be gentle here; a few lumps in the batter are perfectly okay and actually preferred. Over-mixing is the enemy of a tender muffin, so less is more.

4 Time to fold in our star ingredient. Add the squeezed, grated zucchini to the batter. Gently fold it in with your spatula until it's evenly distributed throughout. The batter will be quite thick, almost like a scoopable dough. Using an ice cream scoop or a large spoon, divide the batter evenly among the 12 prepared muffin cups. Bake for 20-25 minutes, or until the tops are golden brown and a toothpick inserted into the center comes out clean. Let them cool in the tin for 5 minutes before moving them to a wire rack to cool completely. The aroma is just heavenly.

Nutrition per serving

135 kcal	4 g	18 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- To get the most accurate measurement of zucchini, grate it first, then measure it, and *then* squeeze out the water. This ensures you start with the right amount before removing the moisture.
- Feel free to customize the herbs! Fresh chives, dill, or parsley would be absolutely lovely in these muffins. If using fresh herbs, you'll want to use about 1 tablespoon for every teaspoon of dried.
- These muffins are a fantastic canvas for other savory additions. A half cup of chopped sun-dried tomatoes or olives would be a wonderful, briny addition that complements the other flavors beautifully.