



## Vegan Breakfast Muffins (Egg-Free & Protein-Packed)

These **vegan breakfast muffins** are fluffy on the inside, golden on the outside, and loaded with colorful veggies 🌱

Think **mini frittatas**, but completely **egg-free, dairy-free, and meal-prep friendly**. Perfect for busy mornings, brunch spreads, or healthy grab-and-go snacks.

If you're building a **vegan recipe blog**, this one is a *must-have staple*.



### Ingredients



#### Muffins (Makes 8–10)

- 14 oz (400 g) **firm tofu**, drained
- 2 tbsp **nutritional yeast**
- 2 tbsp **olive oil**
- 2 tbsp **plant milk** (soy or oat work best)
- 1 tbsp **lemon juice**
- 1 tsp **baking powder**
- ½ tsp **turmeric** (for color)
- ½ tsp **garlic powder**
- ½ tsp **onion powder**
- Salt & black pepper, to taste



#### Veggie Mix-Ins (chopped small)

- Mushrooms
- Spinach or kale
- Bell peppers
- Green onions



*(Use about 1½–2 cups total veggies)*



# How to Make Vegan Breakfast Muffins

## 1 Preheat & Prep

Preheat oven to **375°F (190°C)**.

Grease or line a muffin tin.

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## 2 Blend the Base

Add tofu, nutritional yeast, olive oil, plant milk, lemon juice, baking powder, turmeric, garlic powder, onion powder, salt, and pepper to a blender.

Blend until **smooth and creamy**.

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## 3 Fold in Veggies

Pour mixture into a bowl and gently fold in chopped vegetables.

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## 4 Fill & Bake

Spoon mixture into muffin cups ( $\frac{3}{4}$  full).

Bake for **25–30 minutes**, until tops are set and lightly golden.

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## 5 Cool & Enjoy

Let cool for 10 minutes before removing – they firm up as they rest.

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## Storage & Meal Prep

- **Fridge:** up to 5 days
- **Freezer:** up to 2 months
- **Reheat:** microwave or toaster oven

