



Makes 9 muffins
Preparation Time: 20 minutes
Cook Time: 15 minutes

INGREDIENTS:

¼ cup unsalted roasted cashews,
soaked (see tip, recipe intro)

¼ cup mashed cooked winter
squash

¾ to 1 cup unsweetened,
unflavored plant-based milk

5 cloves garlic, minced

½ teaspoon sea salt

3 tablespoons flaxseed meal

1½ cups whole wheat pastry
flour

1 tablespoon dried Italian
seasoning

1½ teaspoon regular or sodium-
free baking powder

½ teaspoon freshly ground black
pepper

1 cup unsweetened applesauce

Savory Breakfast Muffins with Garlic Cheese Spread

Pair these savory breakfast muffins with your favorite [tofu scramble](#) or [vegan quiche](#), or enjoy them as a snack, stored in the fridge or freezer, ready to reheat when the munchies kick in. Applesauce and a “[flax egg](#)” ensure these egg-free muffins stay light and moist, while fresh garlic and dried Italian seasoning provide an herbal flavor reminiscent of an English herb scone. For extra points, serve these scrumptious muffins with a creamy Garlic Cheese Spread featuring cashews and mashed cooked winter squash. Yum!

Tips

Cashews: Soak cashews in enough very hot water to cover for 15 minutes. Drain and rinse.

Thickening the “Cheese” Spread: If your “cheese” spread gets too runny, add to a small saucepan and bring to a boil. Reduce heat and simmer 1 minute, stirring constantly until thickened.

For more inspiration, check out these tasty ideas:

- [Blueberry Oat Breakfast Muffins](#)
- [Vegan Cinnamon Bun Muffins](#)
- [Whole Grain Corn Muffins](#)
- Or check out our full round up of [healthy vegan muffin recipes](#).

By Kathryn Johnson, RDN, LD

- 1 To make Garlic Cheese Spread, in a mini food processor combine cashews; winter squash; ¼ cup of the plant-based milk; 1 minced garlic clove; and ¼ teaspoon of the salt. Process until smooth, adding up to ¼ cup additional plant milk as needed to reach desired consistency. (Or combine in a measuring cup and blend with an immersion blender.)
- 2 Preheat oven to 375°F. Line nine 2½-inch muffin cups with paper liners or use silicone muffin cups.
- 3 In a small bowl stir together ½ cup milk and the flaxseed meal; let stand 5 minutes. In a medium bowl stir together pastry flour, Italian seasoning, baking powder, black pepper, and remaining ¼ teaspoon salt.
- 4 Stir applesauce and remaining 4 minced cloves garlic into flaxseed mixture. Add to flour mixture; stir until combined. Spoon batter evenly into prepared muffin cups.
- 5 Bake 15 to 17 minutes or until a toothpick inserted in centers comes out clean. Cool in cups 5 minutes; remove muffins. Serve warm or at room temperature with Garlic Cheese Spread drizzled on top or served on the side. Store leftover Garlic Cheese Spread in an airtight container. Store in the refrigerator up to 5 days.