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EGGY BREAKFAST MUFFINS (Makes 12)

6-7 oz firm tofu (about half a regular tub; reserve the rest for later use)
1/3 cup soy milk
1 tsp Dijon mustard
1 small clove garlic
1 tbsp chickpea flour
1 tbsp cornstarch
1 tsp dried herbs
1/8 tsp turmeric (for color)
1/2 tsp black salt or kala namak (optional, gives an egg-like taste; if not available, use regular salt)

Topping suggestions: black pepper, chili flakes, sliced green onions, fresh herbs

Preheat oven to 350 degrees F. Remove tofu from tub and rinse under water. Pat dry and add to blender. Add all remaining ingredients to the blender and blend until smooth. The texture will be quite thick like mayonnaise.

Scoop into a lightly oiled, nonstick or lined muffin tin until all batter is used (fills about 3 to 4 muffin holes to the brim). Bake at 350 F for 20 mins. Check that skewer comes out clean to make sure it has cooked right through.

Let sit at room temperature for 10 minutes, then carefully remove from the muffin tray. Enjoy!

Editor's Note: You could probably use a food processor, as well as a blender, to blend the ingredients.

One person posted the following on Anja's website: "These muffins are a game-changer for breakfast. Not only are they incredibly delicious, but they also capture the essence of the classic eggy taste without using any animal products."







Cooking with Plants is a site created in 2012 by Anja Cass, who achieved dramatic weight loss on a plant-based diet. Her recipes are whole-food plant-based. She says: "Whether you're a seasoned vegan or simply looking to bring more plant-based meals into your life, I'm here to give you the tools, resources, and inspiration you need to create delicious, nutritious, and satisfying plant-based dishes."