



Delicious vegetables muffins

„KiKoMo“



Ingredients: for two people



- ½ onion
- ½ paprika (red)
- ½ zucchini
- 6 champignons
- 5 tomatoes (pickled)
- 125 g flour
- ½ tablespoon of starch (Speisestärke)
- ½ pack of baking powder
- ½ pack of dry yeast
- 40 g margarine
- 70 ml plant drink
- Grated cheese (vegan)
- 1 pinch of Salz
- 1 pinch od Pfeffer



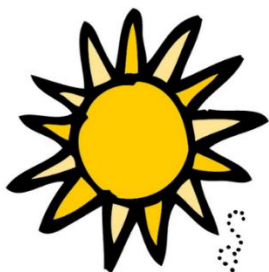
Utills: Muffin molds, two bowls, hands to stir, knife und peeling knife, cutting board, non-slip pad, cup for measuring, backing tray



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Preparation:

1. Cut vegetables and pickled tomatoes into small cubes on the cutting board.
2. Mix flour, starch, baking powder and dry yeast in the first bowl.
3. Mash the margarine into cream in the second bowl.
4. Slowly add flour mixture and plant drink to the margarine.
5. Slowly stir the pieces of vegetables and grated cheese into the margarine mixture.
6. Add salt and pepper.
7. Put paper cups into muffin molds.
8. Spread the dough into muffin molds.
9. Vegetable muffins bake approximately 20 minutes in the preheated oven to 200 Grad (top and bottom heating).



Sustainability tip:

→ Zucchini, paprika and onion are German seasonal vegetables and can be bought regionally from certified organic farms. There are many farms in the Karlsruhe area, such as Decker.



Enjoy your meal!

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