

# Vegan Mozzarella Sticks

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## Ingredients:

- 8 vegan mozzarella sticks (store-bought, or cut a vegan mozzarella block into sticks – Violife, Miyoko's, or Follow Your Heart work well)
  - 1 cup unsweetened plant milk (soy or oat works best)
  - 1 tsp apple cider vinegar or lemon juice (to make vegan buttermilk)
  - 1 cup all-purpose flour, can also use gluten free
  - 1 tsp garlic powder
  - 1 tsp onion powder
  - 1 tsp paprika
  - 1 cup breadcrumbs (panko for extra crunch)
  - 2 tbsp nutritional yeast (optional, for cheesy flavor)
  - 1 tsp salt
  - Oil for frying (canola, sunflower, or avocado oil)
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## Instructions:

1. Prep the cheese:
  - If using a vegan mozzarella block, cut into finger-sized sticks.
  - Freeze the sticks for at least 1–2 hours (this keeps them from melting too fast while frying).
2. Make vegan buttermilk:
  - Mix plant milk with vinegar/lemon juice, let sit 5 minutes until slightly curdled.
3. Prepare dredging stations:
  - Bowl 1: flour + garlic + onion + paprika + pinch of salt.
  - Bowl 2: vegan buttermilk.
  - Bowl 3: breadcrumbs + nutritional yeast + a little salt.
4. Coat the sticks:
  - Dip each mozzarella stick in flour → then buttermilk → then breadcrumbs.

- For extra crispiness, repeat buttermilk + breadcrumbs for a second coat.

5. Fry or bake:

- Frying: Heat oil to 350°F (175°C). Fry sticks for 2–3 minutes until golden. Don't overcrowd the pan.
- Baking/air-frying: Bake at 425°F (220°C) or air fry at 400°F (200°C) for 8–10 minutes, flipping halfway.

6. Serve:

- Let cool for 2 minutes (they'll be molten inside!).
- Dip in marinara, vegan ranch, or spicy ketchup.

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Tips:

- Freezing is the secret—otherwise the cheese can leak out.
- Panko gives the best crunch.
- For gluten-free, use rice flour + GF breadcrumbs.