

YIELD: 40 KNOTS

# Vegan Garlic Knots

These soft and cheesy vegan garlic knots are easy to whip up and delight a crowd. You can choose to make them with or without cheese. They whip up quickly because you use store-bought pizza dough for ease. Finally, they are melt-in-your-mouth good! What isn't to love?



## PREP TIME

10 minutes

## COOK TIME

20 minutes

## TOTAL TIME

30 minutes

## Ingredients

- 1 pound store-bought pizza dough [or homemade if you want!]
- 2 cups vegan cheese of your choice [for stuffing the knots] I used Daiya vegan cheese
- 5 garlic cloves, minced
- 2/3 cup of olive oil
- 1/4 cup dried Italian spices/seasoning blend [substitute for dried parsley if you don't have Italian seasoning on hand]
- 1/2 teaspoon of salt
- Optional: black pepper to taste
- Optional: garlic powder for topping

## Instructions

Preheat oven to 375 degrees and grease two large baking sheets with oil or use a silpat/parchment paper instead.

Cut your pre-made pizza dough into two balls. This way, you can easily half the recipe and make two 20 garlic knot recipes.

Roll one ball of pizza dough until it is flat and in a rectangular shape [as opposed to a circle for pizza]

Slice the dough into 1-inch thick strips that are between 6-8 inches in length. Eyeballing it is okay. Repeat this step with the other ball of dough until you have 40 knots [or your desired amount depending on the size of your strips]

Loosely tie each strip into a knot and place on your baking sheet.

OPTIONAL: Before you pull the knot "tighter" add a sprinkle of vegan cheese in the middle and then complete the knot. Place on your baking sheet, ensuring you know

which contain cheese and which garlic knots don't.

Using a pastry brush, lightly coat the top of the garlic knots with oil. Shake a little garlic powder on top for additional flavor.

Bake for 20 minutes or until golden brown.

Combine minced garlic cloves, olive oil, Italian spice blend, and salt in a large bowl. Bowls with flatter bottoms work well. Add the warm vegan garlic knots to the bowl and toss until each knot is coated in the mixture. Add additional salt/cheese to taste.

Remove knots from oil and for best results, serve warm!

## Nutrition Information

Yield 40

Serving Size 1

---

*Amount Per Serving*

---

**Calories** 80

---

**Total Fat** 5g

---

Saturated Fat 1g

---

Trans Fat 0g

---

Unsaturated Fat 4g

---

**Cholesterol** 0mg

---

**Sodium** 124mg

---

**Carbohydrates** 7g

---

Fiber 0g

---

Sugar 2g

---

**Protein** 2g

© Victoria Yore

<https://wowitsveggie.com/vegan-garlic-knots-recipe/>

**CUISINE:** italian / **CATEGORY:** Vegan Sides

Exclusive Member of Mediavine Food