

Quiche

*Gluten-free
Dairy-free*



Crust Ingredients

- ~ 1 cup of Arnel's Originals All Purpose Flour and Pie Crust Mix
- ~ 1/4 cup softened butter (salted) or healthy margarine, or coconut oil (add 1/4 teaspoon sea salt)
- ~ Combine with a fork so the mixture is crumbly
- ~ 1/2 lg. egg slightly beaten
- ~ Add egg to crumbly mixture. It should now hold together. If it doesn't, add 1 Tablespoon water

Quiche Ingredients

- ~ 1 -1/2 cup of cooked vegetables, meats, tofu, etc.
- ~ 1 cup fresh spinach
- ~ 6 eggs
- ~ 3/4 cup of milk substitute
- ~ 2 Tablespoons of mayonnaise
- ~ Salt and pepper to taste

Dairy Free

- ~ Use 3/4 cup of a thicker milk substitute like coconut milk, or almond milk
- ~ You can use cheese substitutes but I find most of them contain "casein or whey" which is the protein from dairy and they have a foul texture. Use sparingly



Crust Directions

- Pre-heat the oven to 425°
- Gather the dough mixture and place it in your pie pan
- With waxed paper on top of the dough, press into your pie pan, spreading the dough evenly on the bottom and sides and fluting the edges to make it look appealing. (As an alternative, you could roll the dough between two pieces of waxed paper, peel one piece off, carefully flip the crust into the pie tin, peel off the second piece and press the dough into the pan. Don't be concerned that the pie crust has broken into pieces. It is very forgiving in the raw state and will connect well with its parts)
- Bake at 425° for 15 minutes then bake at 350° for 30 minutes more
- Pierce bottom of crust with a fork, making several air holes

Quiche Directions

- Lay all solid ingredients in the raw pie crust
- Mix eggs, mayo, and milk, salt and pepper together and pour over the solid ingredients
- Bake at 425° for 15 minutes and at 350° for the last 30 minutes or so. Test for doneness

Tips

- Cook all vegetables before putting them in the raw pie crust (broccoli, mushrooms, onions, etc.)
- Cook all meats before putting them in the raw pie crust (ground turkey, pieces of chicken, etc.)