

# Yvette's Quiche | Gluten free, Vegan

Play Time Yoga (playtimeyoga.com)

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Step by step instruction:

\*Preheat the oven to 350F. Bake 2 pie crusts to 'half-baked' following the instructions on the package. Usually it takes about 10 minutes. Check often. You will finish baking the crusts later altogether with the quiche filling.

In a big pot, on a medium heat melt 2 TBs **Coconut oil**, add ½ - 1 **onion** (chopped), add 2-6 cloves **garlic**. Next ingredient: 3-6 chopped leaves of **kale/collard greens** (w/o stems). Add 1 **portabella mushroom** or 6-10 **button mushrooms** (chopped), 1 cup of **broccoli** (florets), 1 package of frozen **peas** or 1 cup fresh peas. Stir all ingredients well. Let it sauté!

Season it with:

½ -2 tsp Himalayan salt or sea **salt**, dash of black **pepper**, 1 tsp ground **Cumin**.

Continue to sauté all together on medium heat until broccoli gets softer.

Add 3 blocks of extra firm or firm **tofu** (such as non-GMO Mori-nu). Then add ½ tsp – 1Tbs **turmeric** and mash it all together with a potato masher or a fork. Add more salt if needed.

Cook together for another 5-10 minutes stirring from time to time.

Add 1TBs of Ghee (optional); Add **Spike** (1 tsp).

Cook for another 2-5 minutes. And then turn off the heat.

Blend it all with a hand **blender** but not too long - just to make greens and mushroom less 'visible'. Children won't see them!

Add 1/3-1/2 cup of **nutritional yeast**, stir well.

Add 1/3 - ½ cup of shredded **cheese** (such as daiya).

\*Have 2 gluten-free **pie crusts** ready; half-baked at 350F.

Spread the tofu-veggie mix into the pie crust shells and bake for about 30- 45 minutes. At the end of baking sprinkle the quiche with some more daiya cheese (cheddar or mozzarella, or jalapeño version). Leave it in the hot oven for a couple of minutes to allow the cheese to melt.

This recipe yields two yummy pies.