

No-Egg Quiche



This egg-free quiche recipe is quick to make and can be made with a variety of different vegetables. Try variations such as broccoli, mushrooms, or summer squash.

- 1 premade pie crust*
- 1 block Firm Tofu, drained
- ½ tsp Turmeric
- ½ tsp. Salt
- Pepper (to taste)
- ½ cup Soy Milk
- 1 Green Pepper, chopped
- 1 Small Onion, chopped
- 2 Roma Tomatoes, chopped
- 1 cup Fresh Spinach

In blender or food processor, blend tofu, soy milk, and spices until smooth.

Pour mixture into large mixing bowl. Add chopped veggies and mix well.

Pour mixture into pie crust and bake for 45-60 min at 400°.

Cool for 10 min before serving.

Season with black salt (kala namak) before serving, if desired.

*For an easy homemade pie crust recipe, go to: <https://12tomatoes.com/no-fuss-pie-crust/>