



---

## ***Ruby's Eggless/Crustless Savory Quiche***

*By Ruby Lathon, PhD*

Be sure to make extra – this dish won't last long!

### **Base Ingredients:**

- 2 cups cashews (soaked for 2 hours or overnight)
- 3/4 cup garbanzo bean flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cayenne
- 1/2 teaspoon paprika
- 2 tablespoons nutritional yeast
- 2-3 sundried tomatoes, chopped
- 1/2 teaspoon sea salt
- 2 garlic cloves
- 4-5 tablespoons of water

### **Veggies:**

- 3 cups chopped spinach
- 1 red onion, diced
- 1 red bell pepper, diced
- 1 cup mushrooms (Crimini) , diced

### **Directions:**

1. Preheat oven to 300° F. Oil muffin pan with olive oil.
2. Drain and rinse soaked cashews. Add cashews and all base ingredients to a blender; blend until mixture is smooth. It will be very thick.
3. Lightly sauté (medium heat for 2-4 minutes) all veggies. Remove from heat.
4. Pour sauce over veggies until well incorporated.
5. With an ice cream scooper, evenly scoop mixture into a muffin/cup cake pan.
6. Bake at 300° F for 50 minutes. Let cool. Serving Suggestion: Serve with a spinach/red onion salad.