

# Quick Vegan Quiche

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## Ingredients

1 cup plain flour for non gluten free (for gluten free either 1 cup almond meal or 1 cup besan flour)  
1 packet silken tofu (make sure it is organic)  
1 cup cream cheese <https://www.veets.com.au/blog/how-fermented-cashew-cheese-has-changed-my-life>  
 $\frac{3}{4}$  cup nutritional yeast  
2 tsp herb salt (or 1 tsp regular salt)  
 $\frac{1}{2}$  tsp ground pepper (or less up to you)  
2 carrots diced small  
3 spring onions (scallions) cut fine  
Handfull of spinach wilted then shredded  
1 cup cooked peas or corn  
 $\frac{1}{2}$  red capsicum diced fine (optional)  
2 cloves cooked garlic

## Method

1. In a food processor place the tofu, nutritional yeast, cream cheese and cooked garlic and whizz until smooth. Transfer to a mixing bowl.
2. Place all of the other ingredients in the bowl with the tofu mixture and fold through with a spatula.
3. Pour into a greased quiche dish.
4. Bake in 180°C oven for up to 35 minutes or until firm and a little golden on top.



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