

Earl Grey Lavender Quiche

A flavorful vegan quiche packed with Mediterranean vegetables and infused with the subtle taste of Earl Grey Lavender tea.

PREP TIME: 30 minutes

COOK TIME: 45 minutes

CRUST:

1 1/2 C whole wheat flour
1/2 C vegan butter, chilled and cubed

1/4 C cold water

FILLING:

1 med zucchini, sliced
1 med red bell pepper, diced
1/2 C cherry tomatoes, halved
1/2 C spinach, chopped
1/2 C artichoke hearts, chopped
1/2 C red onion, diced
1/2 C brewed Earl Grey Lavender tea,

cooled
1 C silken tofu
1/4 C nutritional yeast
1 † garlic powder
1 † dried oregano
1/2 † salt
1/4 † black pepper

PREHEAT THE OVEN to 375°F.

MIX THE CRUST INGREDIENTS in a bowl until the dough forms. Press the dough into a 9-inch pie dish.

BAKE THE CRUST for 10 minutes, then let it cool.

SAUTÉ THE VEGETABLES (zucchini, bell pepper, tomatoes, spinach, artichoke hearts, and onion) until tender.

BLEND THE TOFU, Earl Grey Lavender tea, nutritional yeast, garlic powder, oregano, salt, and pepper until smooth.

COMBINE THE SAUTÉED VEGETABLES with the tofu mixture and pour into the crust.

BAKE THE QUICHE for 35 minutes, or until set.

COOL SLIGHTLY before serving.