

Baking a plant-based quiche two ways. It's a savory French tart traditionally made with lots of eggs, cream, and cheese.

## INGREDIENTS

1 vegan puff pastry  
(I use Pepperidge Farm)  
1 cup vegan shredded  
cheese  
salt & pepper

Variant 1:  
1/3 cup raw cashews  
2/3 cup water  
8 fl oz Just Egg

Variant 2:  
12 oz firm tofu  
1/4 cup soy milk

Optional vegetables:  
onions  
mushrooms  
spinach  
broccoli  
cherry tomatoes  
...

## DIRECTIONS

Preheat oven to 400F.

Sautee / steam vegetables and season to taste.

Roll out the pastry. Place on tart pan lined with parchment paper.

Variant 1:  
Spread the vegetables evenly on the pastry.  
Blend cashews and water together. Mix in the Just Egg, half the cheese, salt and pepper.  
Pour the mixture on top of the veggies.

Variant 2:  
Blend the tofu, milk, half the cheese, salt and pepper.  
Mix it with the vegetables, and spread on the pastry.

Sprinkle the remaining cheese on top. And bake for about 45 minutes until the quiche is puffed and golden.

Serve hot with a green salad.  
It's also delicious cold.