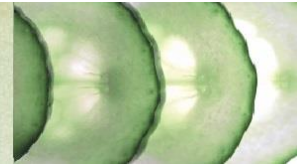


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Savoury Vegan Broccoli Chedd'r Mini-Quiches

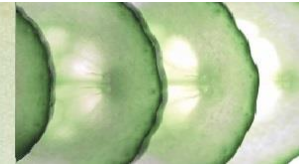


A vegan, gluten-free twist on a classic flavour combination. Chickpea flour, or besan, is a versatile, high-protein, gluten-free flour that is well worth making a pantry staple. Its cooked texture and flavour lends itself perfectly to replacing eggs for making scrambles, omelettes, and of course, quiches. Nutritional yeast (“nooch”) adds a cheesy flavour while also providing an additional protein and B-vitamin boost. These broccoli chedd'r mini-quiches are beautiful for a brunch, or as a quick grab-and-go breakfast. Serve au naturel or with a favourite sauce, such as vegan hollandaise, sour cream, or for a spicy kick, hot sauce or sriracha. Makes 12 mini-quiches.

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Ingredients:

1 cup frozen organic broccoli florets
Coconut oil for the muffin pan OR paper cupcake liners
1½ cups chickpea/garbanzo bean flour (besan)
1 tsp. GF baking powder
2 Tbsp. nutritional yeast (increase to 3 Tbsp. + more for sprinkling if not using vegan chedd'r)
¼ tsp. organic ground turmeric
¼ to ½ tsp. sea salt (you may wish to use a little more if not using vegan chedd'r)
¼ tsp. organic chili powder
Pinch each fresh ground black pepper and red chili flakes
Optional: pinch black salt, to taste
1¾ cup unsweetened hemp or almond milk OR water
⅓ cup vegan chedd'r shreds, such as Daiya or Earth Island, plus more for sprinkling, optional (or use more nooch as indicated above)

Directions:

Preheat oven to 375° F. Grease or line your muffin tin.

In a pot with a steamer basket, steam the broccoli until just cooked (it should be bright green). Transfer broccoli to a strainer and run cool water over it to stop cooking. Allow to drain off as much moisture as possible. Set aside.

In a large mixing bowl, add all dry ingredients (flour, baking powder, nooch, and spices). Whisk to mix.

Add the hemp milk or water and whisk to mix.

Add the ⅓ cup chedd'r, if using. Gently fold into batter.

Start spooning the batter into the muffin tin, about half-filling each compartment. You should still have some batter left after. Distribute the broccoli into the compartments. Spoon the remaining batter evenly over the broccoli. Sprinkle extra chedd'r or nooch on top of each mini-quiche.

Place the muffin tin in the oven and bake about 18-20 minutes, until just firm. A toothpick inserted in the middle a quiche should come out clean.

Allow to cool slightly before removing mini-quiches from the tin. You may need to use a butter-knife to lift the edges away from the sides neatly if not using liners. Transfer to a plate and serve. Alternatively place the mini-quiches on a cooling rack and allow them to cool completely before storing them in containers or sandwich bags for grab-and-go breakfasts or snacks.