

Dairy Free Quiche – To make 24 miniature quiches

Crust – (Must chill at least 2 hours or up to 2 days)

2/3 cup white rice flour
1/2 cup tapioca flour
1/2 T sugar
1/4 t baking soda
1/4 t xanthan Gum
1/4 t salt
¼ Cup + 2 T shortening
1/4 cup soy milk

Mix dry ingredients. Cut in shortening. Gradually stir in milk with a fork. On a floured surface form into a ball. Wrap in plastic and refrigerate at least 2 hours up to 2 days.



Quiches with red pepper and sausage

Mix the following ingredients

1/2 Cup Soy Milk
2 Large eggs
1/2 t dried mustard
1/8 t salt
1/8 t pepper
chopped vegetables to go in mini quiches – I have used green onion and spinach and sausage and red pepper any finely diced vegetables or cooked meat works well

Preheat oven to 350. grease mini muffin pan. Take small amount of dough and push into sides of pan to create crust. Sprinkle a few vegetables on each crust. Fill with egg mixture

Bake at 350 30 minutes or until done.

I've made 10 batches of these in the last few weeks to freeze for a party. They reheat nicely just put on a cookie sheet and and cook at 350 degrees for 10 to 15 minutes. (If I don't preheat my oven it takes 15) Another thing I have learned is the crust I usually have a little left over, but sometimes I am one short.

<http://www.lincolntent.com/GFCF-Appetizers.html>