

# Tomato Basil Quiche

w/ Whole Wheat Pastry Crust

Ingredients: (For the Crust)

1 ¼ c. whole wheat pastry flour

¾ tsp. salt

½ tsp. pepper

8 TB. solid coconut oil

3 TB. ice cold water

Ingredients: (For the quiche)

4 eggs

1 c. milk of choice (I used coconut)

1/3 c. finely chopped basil

1/3 c. parmesan cheese

½ tsp. salt

¼ tsp. pepper

1 large tomato

## Directions: (For the Crust)

1. Pre-heat oven to 400 degrees. In a food processor add flour, salt, and pepper. Pulse a few times until combined.
2. Add in coconut oil and pulse until fine crumbs appear.
3. Drizzle in water and blend until a smooth dough appears.
4. Grab a pie pan and press dough the best you can into the bottom and sides of pan. It doesn't have to be perfect, rustic looks better. It will fall apart kind of easily. (I had a mini hand roller that helped roll the dough in the pan.)
5. Place pan on baking sheet and bake dough for 9 minutes. Remove from oven and place on cookie sheet. Then prepare filling.

Directions: (For the Quiche)

1. Reduce oven to 375 degrees. Whisk all ingredients together, besides tomato, then set aside.
2. Thinly slice tomato.
3. Pour egg mixture into baked pie crust, then place thinly sliced tomato on top.
4. Bake for 35-40 minutes, or until the center has puffed up and is cooked all the way through.