

Spinach Quiche

Created by Jackie Graff
Sprout Raw Food

Serves 8-12

2 macadamia nuts soaked for 2 hours and drained
2 cloves of garlic minced
4 lemons juiced
2 teaspoons sea salt
1 tablespoons cumin
1 tablespoons curry
2 teaspoons turmeric
2 cups water
4 teaspoons psyllium
1 sweet onion, chopped fine
4-6 cups spinach, chopped fine
1 nut and seed crust
3 cups sliced mushrooms drained (for garnish)

Paprika for garnish

1. Place pine nuts, garlic, lemon juice, salt, curry, cumin, turmeric, water, psyllium in blender, blending until smooth and remove to a bowl.
2. Place spinach in food processor, chop fine and add to the pine nut mixture.
3. Add onion to food processor, chop fine and add to above mixture mixing all well.
4. Place into a nut and seed crust.
5. Garnish with mushroom slices.
6. Sprinkle paprika for color.