



# Pura Vida Foodology Planet-wide

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Ensenada | Mexico | Costa Rica | Hawaii | Bali | Indonesia | Philippines | Thailand | Africa | New Zealand

## SUSTAINABLE HEALING FOODS: HAND-PRESS QUICHE CRUST

We're kind of obsessed with quiche and love how easy this gluten-free hand-press quiche is to make. As easy as mixing and pressing. The most time consuming part of making this quiche crust is pressing it into the tins and of course that time goes a lot faster with a little help. There is zero par-baking required and this crust bakes up flaky and perfect. This Hand-Press Quiche Crust is an easy to make superfood full of antioxidants, Vitamin A, ALL your B Vitamins, Vitamin D, Vitamin C and all 9 Essential Amino Acids. Reduce acute and overall pain, accelerate wound healing and boost oxygen in your blood, organs and tissues. This Crust is antibacterial, anti-fungal, anti-microbial, anti-inflammatory and anti-aging as well as reduces your cortisol and other stress hormones, reducing oxidative stress and boosting collagen. While you enjoy our Quiche Crust you are boosting your immunological library, reducing your cholesterol, regulating your blood pressure, reducing respiratory inflammation and boosting your white blood cell count. Plus it actually improves



your digestion, reduces symptoms of IBS and other digestive issues, detoxes your body, increases your vision, increases your blood circulation and helps prevent against stroke, heart dis-ease, ALL chroinc dis-ease and ALL cancers. Boost your neural health, boost your cognitive function, boost your



memory retention, boost your concentration, improve your mental clarity, increase your focus, support your thyroid and decalcify your pineal gland. Our Hand-Press Quiche Crust makes you smarter, stronger, quicker, thinner and healthier.



Yes, Crust with the right ingredients can do all that and more which are only some of the reasons why all of these ingredients are staples in my kitchen.



### INGREDIENTS

- 1 1/2 cups Gluten-Free All-Purpose Flour
- 1/2 cup Extra-Virgin Cold-Pressed Olive Oil
- 1/2 cup Plant-Mozzarella
- 4 tbsp Whole Food Living Water
- 1/2 tsp Himalayan Pink Salt
- 1 tsp Garlic powder
- 1/2 tsp Herbs de Provence
- Spray Olive Oil



Let's prepare some food...

### UTENSILS

- Large Mixing Bowl
- Large Mixing Fork
- 3 Muffin Tins or Pie Dish
- 1/2 Cup
- Cup
- 1/2 Teaspoon
- Teaspoon
- Tablespoon
- Oven or Air Fryer Oven

### PREPARATION (Hand-Press Quiche Crust)

- 0) Grate Plant-Mozzarella
- 1) Add all ingredients to Large Mixing Bowl
- 2) Mix well
- 3) Dough will be crumbly & should have playdoh consistency
- 4) Spray 3 Muffin Tins with Spray Olive Oil
- 5) Roll 18 Small Balls
- 6) Put a Small Ball in the bottom of each greased Muffin Tin
- 7) Use your index fingers to press the dough down & up against the sides to cover the bottom & sides evenly to your desired thickness
- 8) Fill with your favorite Quiche Filling
- 9) Bake for 60 minutes at 360°F
- 10) Eat and Enjoy because every bite nourishes your body; we like ours drizzles with Crystal Hot Sauce

*May your life be full of great joy with the health and abundance to enjoy it.*

*Dr. Ava Perez*