



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD

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

SUSTAINABLE HEALING FOODS: MINI QUICHE-LITS

We're kind of obsessed with quiche and love these little plant-based Mini Quiche-Lits. They are so easy to make with our gluten-free hand-press crust, they freeze well, reheat yummy and easy to take-to-go. I like more of a French style quiche which is "eggier" opposed to a more Italian style quiche which is creamier and richer. These Mini Quiche-Lits have the perfect flaky crust with light, fluffy and herbaceous insides. I usually make these with Tofu Scrambled "Egg" Mix, broccoli and plant-mozzarella we make in the blender, however, if you don't have Tofu Eggs made up I just mix them in the bowl as I'm making my quiche filling. I've spent hours making quiche from scratch and this is seriously the easiest quiche I have ever made plus this superfood is full of antioxidants, Vitamin A, ALL your B Vitamins, Vitamin D, Vitamin C and all 9 Essential Amino Acids to give your body the building blocks it needs to create adult stem cells.



Reduce acute and overall pain, accelerate wound healing and boost oxygen in your blood, organs and tissues. These Mini Quiches are antibacterial, anti-fungal, anti-microbial, anti-inflammatory and anti-aging. They reduce your cortisol and other stress hormones, reduce oxidative stress and boost collagen. While you enjoy our Mini Quiches you are boosting your immunological library, reducing your cholesterol, regulating your blood pressure, reducing respiratory



inflammation and boosting your white blood cell count. Plus they actually improve your digestion, reduce symptoms of IBS and other digestive issues, detoxe your body, increase your vision, increase your blood circulation and prevent against stroke, heart dis-ease, ALL chronic diseases and ALL cancers while reducing your risk of developing Alzheimers, dementia and Parkinson's.



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 Mini Quiche-Lits make you smarter, stronger, quicker, thinner and healthier.

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



Let's prepare some food...

INGREDIENTS

- Gluten-Free Hand-Press Quiche Crust
- 1 1/2 cups Tofu Scrambled "Egg" Mix
- 1 1/2 cups Plant-Mozzarella grated
- 2 cups Broccoli chopped fine
- 2 tbsp Organic Soy Milk
- 1/4 tsp Nutmeg
- 1/4 tsp Black Pepper
- 1/4 tsp MSG
- 1/2 tsp Garlic powder
- 1/2 tsp Herbs de Provence

UTENSILS

- Large Mixing Bowl
- Large Mixing Fork
- 1/2 Cup
- Cup
- 1/4 Teaspoon
- 1/2 Teaspoon
- Tablespoon
- Oven or Air Fryer Oven

PREPARATION (Mini Quiche-Lits)

- 0) Have Gluten-Free Hand-Press Quiche Crust done & pressed into 3 muffin tins before you begin
- 1) Have Tofu Scrambled "Eggs" Mix & Plant-Mozzarella ready before you begin
- 2) Add all ingredients to Large Mixing Bowl
- 3) Mix well
- 4) Fill muffin tins just below the tops with Quiche Filling on top of Hand-Pressed Quiche Crust
- 5) Bake for 60 minutes at 360°F
- 6) Eat and Enjoy because every bite nourishes your body; we like ours drizzled with Crystal Hot Sauce

Chef's Tip:

If your Plant-Cheese is too soft stick it in the freezer then chop it finely before adding it to your Mini-Quiches

Chef's Tip:

This recipe is for 18 Mini Quiche-Lits. If doing 1 large quiche you will have leftover filling

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

Dr. Ava Perez



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