**Chickpea Quiche**  
  
Ingredients:  
4 cups small broccoli florets, cooked if frozen/steamed if fresh   
1 large diced onion   
garlic powder as desired   
2 cups water   
3 cups chickpea flour   
4 tablespoons fresh lemon juice   
2 teaspoons vegan poultry powdered broth   
2 teaspoons sea salt  
Optional: Mushroom, black olives, etc.

Directions:  
Preheat the oven to 400°F.   
  
In a blender, add water, chickpea flour, lemon juice, poultry seasoning, and sea salt and blend until a smooth batter forms. Pour the batter into a large mixing bowl and stir in all of the cooked or steamed vegetables. Pour this mixture into a quiche dish or pan lined with parchment paper.   
  
Alternatively, you can divide the quiche batter into a standard 12-cup muffin pan lined with parchment baking cups and make individual mini quiches. Bake for 30 to 35 minutes, opening the oven halfway through to release steam. The quiche is done when the top is browned and a toothpick inserted in the middle comes out clean. Remove the quiche from the oven and allow to cool before serving.  
  
Tips:  
This quiche freezes well, so make two and you’ll have one on hand for an easy grab-and-go meal anytime. Remove the parchment lining prior to freezing.  
  
*Makes 6-8 servings*