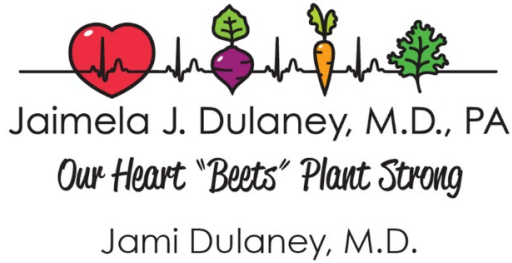


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Chickpea Flour Quiche

Ingredients:

- 1 ¼ cup chickpea flour
- 1 ½ cup water
- 1 Tbsp nutritional yeast
- 2 Tbsp fresh herbs
- 1 garlic clove, minced
- 1 diced colorful pepper
- ½ cup chopped mushrooms
- Pepper to taste

Directions:

1. Preheat oven to 385°F and prepare a muffin tin.
2. In a medium bowl, mix your water, chickpea flour, spices and herbs, nutritional yeast and set aside.
3. In a pan, sauté your garlic and vegetables in a small amount of water for 3-5 minutes.
4. Add cooked vegetables to flour mixture, stir to combine well.
5. Pour batter into prepared muffin tin.
6. Bake for 15-20 minutes, then open oven door (to allow steam to escape) and bake for another 10 minutes.
7. Serve.