

Quiche

0 exchanges



Ingredients (Serves 6):

150g *Loprofin Mix*

40g butter

40g margarine

Cold water

For the filling:

40g leeks

20g pepper, sliced

40g mushroom, sliced

1 x 17g bag of Quavers (½ an exchange) or 30g of low protein cheese* e.g. Violife cheese

100ml *Sno-Pro*

2 tsp *Loprofin Egg Replacer*



Oven temperature: 200°C/400°F/Gas Mark 6



Equipment: 20cm loose bottomed flan tin



Method:

1. Make the pastry: place the Loprofin Mix in a large bowl, add the butter and margarine (cut into small pieces) and rub into the mix until the texture resembles coarse breadcrumbs.
2. Stir in sufficient water to give a soft but not sticky dough.
3. On a sheet of greaseproof paper, lightly knead the dough for a few seconds, until smooth.
4. Roll out the dough and cover the flan tin.
5. Make the filling: mix the Sno-Pro and Loprofin Egg Replacer together and add crushed Quavers or low protein cheese.
6. Put the vegetables in the pastry and cover with the Sno-Pro and Egg Replacer filling.
7. Bake in a preheated oven for 20–25 minutes.

**Please check the protein levels on food labels.*