

# Mushroom Pepper Quiche with Sweet Potato Crust (GF, Non Dairy)

## Crust:

4 large sweet potatoes peeled and sliced very thin

Oil spray

## Filling:

1 large red pepper, chopped into cubes

1 large onion, peeled and chopped

15 mushrooms, cleaned and chopped

3 tablespoons oil

5 eggs

1/4-1/2 teaspoon nutmeg

1/2-1 teaspoon garlic powder

1/2 cup coconut cream

1 teaspoon salt

Pinch of black pepper

## Directions:

Preheat oven to 375 F/190 C. Line 2 or 3 (you'll see how much you need according to your slices) rimmed baking sheets with parchment paper and lay the thinly sliced sweet potatoes in an overlap. Spray generously with oil spray. Bake for 20 minutes, remove from oven and let cool. Leave oven on for later baking. While they are baking, sauté the onions in the oil till yellow and softened and add red pepper, sauteeing briefly and then mushrooms and sauté about 2 minutes till lightly cooked. Let cool.

Whisk together in a bowl, the eggs, coconut cream, nutmeg, garlic powder, salt and pepper till smooth. Now line 3 nine inch pie pans with the softened sweet potatoes, overlapping so no holes show into a crust to cover the bottom and sides of the pan. Place the sauteed vegetables in the bottom of the crust, dividing evenly between the pans and then pour the egg mixture evenly between the pans over the vegetables. Place carefully into the oven and bake 45-50 minutes or till filling isn't jiggle in the middle and is set. Remove from oven and serve hot or really good at room temperature as well. Reheats beautifully.