

# Raw Vegan Asparagus Quiche

Crust:

1/2 cup Hemp hearts

1/4 cup Red onion

1 TBS Olive oil

Salt to taste

Mix all ingredients into a bowl

Press mixture into bottom of desired dish to form crust  
dehydrate for 10 min

Quiche filling :

1Cup Pine nuts

1/4C Water

1 TBS Nutritional Yeast

1 tsp Onion powder

Salt to taste

Place all ingredients into high powered blender

Blend until smooth

Mix 1/2 cup of thinly sliced raw asparagus into filling  
pour onto crust

Garnish with sliced asparagus

Dehydrate for 30 mins

Serve immediately