

## Loprofin Vegetable Quiche

### Ingredients

150g Loprofin Mix  
40g butter  
40g margarine  
Cold water

### For the Filling

40g leeks  
20g peppers, sliced  
40g mushroom, sliced  
1 x packet of Snaxs-  $\frac{1}{2}$  exchange  
100ml Low protein milk  
2 tsp. Loprofin Egg Replacer  
20cm loose bottomed flan tin  
Oven temperature: 200°C/400°F/Gas Mark 6

### 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 like 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. To make the filling, mix the low protein milk and egg replacer together and add crushed Snaxs.
6. Put the vegetables in the pastry and cover with the low protein milk and low protein egg replacer filling.
7. Bake in a preheated oven for 20-25 minutes.

This recipe was provided by Nutricia Metabolics