

Sweet potato crust quiche



This grated sweet potato crust has less carbs and lower GI than a classic quiche, while having the added benefit of extra nutrients from the sweet potato!

Ingredients

1 medium sweet potato, grated (for the crust)

1/2 cup of oat flour (for the crust)

2 [Community Co Free Range Eggs](#) (for the crust)

2 leeks (for the filling)

1 tbsp light extra virgin olive oil (for the filling)

8 [Community Co Free Range Eggs](#) (for the filling)

2 cups sliced brown button mushroom (for the filling)

1/2 cup mixed colour baby tomatoes (for the filling)

1/4 cup marinated goats cheese or [Community Co Danish Style Fetta](#) (for the filling)

1 cup [Community Co Baby Spinach](#) (for the filling)

1 cup [Community Co 3 Blend Cheese](#) (for the filling)

Method:

1. Preheat the oven to 160°C.
2. Wash leeks and remove the green part and thinly slice.
3. In a food processor, process oats, 2 eggs and grated sweet potato until it forms a very thick paste.
4. In the baking dish, lined with a circle of baking paper, press the sweet potato dough around to form the crust. The crust will be about ½ cm thick.
5. Next, poke holes with a fork around the base of the crust.
6. Bake the crust for 20-30 minutes until it sets.
7. Whisk 8 eggs in a large mixing bowl, set aside.
8. In a frying pan over medium heat, sauté mushrooms and leeks with olive oil until softened. Add to the beaten eggs and stir quickly to combine. Add spinach and cheese.
9. Pour it into the pie crust.
10. Halve the baby tomatoes and arrange them on top, then bake for 20 min and check for doneness. Continue to bake until it sets and (not liquid form).