



Leek Quiche with Flax Crust

1 cup flour
 $\frac{1}{2}$ cup Natunola® health's delight Shelled Flax Meal
 $\frac{1}{2}$ tsp salt
 $\frac{1}{3}$ cup of butter, softened
1 egg yoke
1 tbsp cream (or milk or water)
1 tbsp Parmesan cheese

1 leek, white part only
1 tbsp butter
 $\frac{3}{4}$ cup grated cheese
3 eggs plus 1 egg white
1 cup milk
1 tsp nutmeg
fresh ground pepper to taste



Mix the flour, Natunola® health's delight Shelled Flax Meal and salt together in a bowl. Using a pastry blender or two forks, work the butter into the dry mixture. Stir in the egg yolk, cream and Parmesan cheese. Press into a 9 " pie plate.

Saute the leeks in the butter until soft. Spread over the crust. Spread cheese over the leeks.

In a separate bowl beat the eggs with the milk, nutmeg and pepper. Pour into the pie plate over the cheese. Bake at 350°F for 30 minutes.

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