

**Homemade buckwheat quiche crust**

- 115g refined (or 'deodorized') coconut oil (solid/cold)
- 1 tbsp shiro miso (light-coloured) (27g)
- 1 tsp sugar
- 1 cup buckwheat flour (130g)
- 1 cup plain wheat flour (130g)
- ¼ tsp kitchen salt
- ½ cup ice-cold water
- Optional (see instruction 5): ½ cup buckwheat groats

1. Add all ingredients EXCEPT WATER to a food processor. Pulse just a few times, until you get a chunky, sandy mixture.
2. Add water and pulse again briefly.
3. Transfer to mixing bowl and knead just enough to combine the mix into a dough. It's ok if there are still small chunks of coconut oil.
4. Flatten into a disc, store in the refrigerator until needed.
5. Optional: If you want to decorate the rim of the crust with buckwheat groats, roll out the dough to the size of your quiche dish, sprinkle buckwheat groats all around the rim of the dough, then roll them into the dough before placing it into the dish.

Recipe by Plant-Aardig (plant-aardig.net) 