

VEGAN ZUCCHINI TART

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PREHEAT THE
OVEN TO 350°F
(175°C)



INGREDIENTS

Cashew cream

- 1/2 cup raw cashews (soaked overnight)
- 1/3 cup water

The Rest

- 1 tbsp oil
- 2 cloves of garlic, minced
- 2 medium zucchini, grated
- 1/4 and 1/8 tsp salt
- 1 tbsp white vinegar
- 1 and 1/2 tbsp nutritional yeast
- 1/4 tsp each: rosemary, oregano,
and thyme
- 1/8 tsp ground black pepper
- 1/4 tsp matcha (optional, for color)
- 1 refrigerated vegan pie crust



1 TRANSFER THE SOAKED
CASHEWS TO A BLENDER.



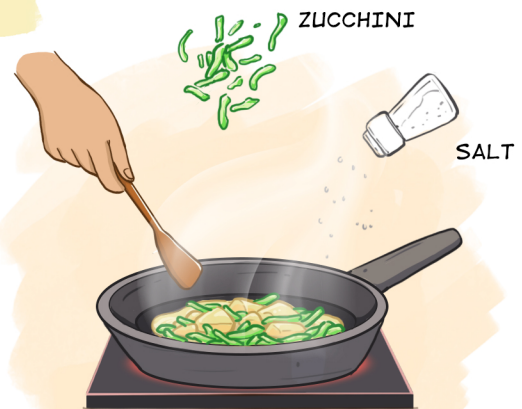
2 ADD THE WATER AND BLEND
UNTIL SMOOTH.



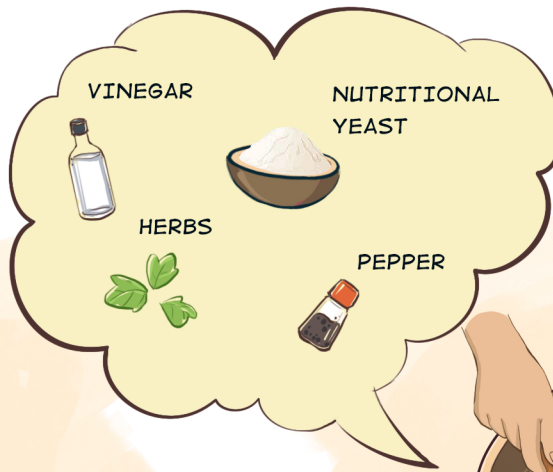
3 TRANSFER THE CASHEW CREAM
TO A MIXING BOWL. SET ASIDE.



4 HEAT ONE TBSP OF OIL IN A PAN AND SAUTÉ
THE GARLIC FOR 2-3 MINUTES.

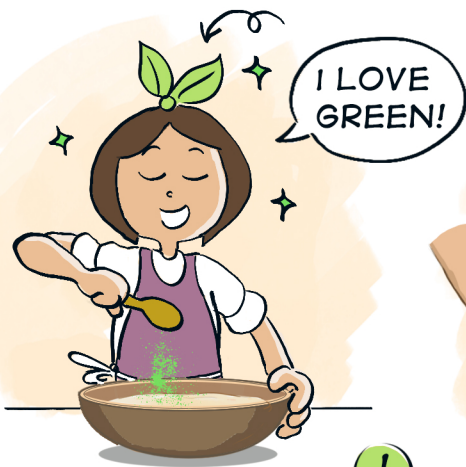


5 ADD THE GRATED ZUCCHINI AND SALT. SAUTÉ
FOR 7-10 MINUTES OR UNTIL THE ZUCCHINI
HAS REDUCED BY ABOUT HALF.



6 TRANSFER THE COOKED ZUCCHINI TO THE BOWL OF CASHEW CREAM.

7 ADD THE VINEGAR, NUTRITIONAL YEAST, HERBS, AND PEPPER AND STIR TO COMBINE.



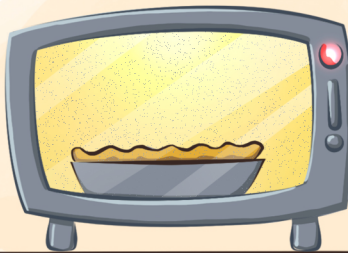
8 **OPTIONAL:** YOU CAN ADD MATCHA POWDER TO GIVE IT A GREENER COLOR!



9 UNROLL A PIE CRUST AND PRESS IT INTO AN 8-INCH (20 CM) PIE PLATE.



10 TRANSFER THE ZUCCHINI BATTER TO THE PIE CRUST AND SPREAD IT EVENLY.



11 BAKE FOR 50-60 MINUTES OR UNTIL THE CRUST IS GOLDEN BROWN!

12 LET IT COOL FOR A FEW MINUTES BEFORE SERVING!

