

Fish Quiche

For yin and blood deficiency, dry skin or hot weather

Ingredients:

3 large eggs
+/- 1 pound Silken Tofu (according to taste)
1 1/2 cups of whitefish, wild salmon, sardines or mackerel
1/4 cup brown rice
1/2 cup chopped cooked broccoli
1/2 cup chopped cooked spinach
add to flavor: thyme, basil, oregano
1 tbsp bonemeal

Procedure:

Preheat oven to 350 degrees.
In a mixing bowl beat eggs and tofu,
then add veggies, rice, fish and herbs.

Pour into an oiled pie plate, and cook for about 45 minutes.

Generally feed a little less of this than you would normally feed dry kibble.