

Flaxseed Egg Replacement

This provides a great substitute for egg in your general baking recipes.

Whether you are not eating eggs, or simply don't have one in your fridge when you need it, this recipe will help create the binding effect that the egg provides.

1 tablespoon ground flaxseed

3 tablespoons water

Combine ground flaxseed and water in a small bowl. It will thicken after a minute or so.

Now try this in your favourite muffin, pancake, waffle, bread recipe!