

Flax Egg

Use flaxseeds as an egg replacement to create delicious vegan recipes!

Yield: 1 vegan egg

Flaxseeds mixed with water have a gel-like consistency. This makes them a fantastic egg substitute in baking. Flax helps baked goods rise by providing structure and trapping air bubbles – just like an egg!

Ingredients:



1 Tbsp finely ground flaxseed meal



3 Tbsp water

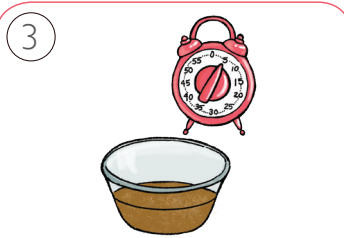
Steps:



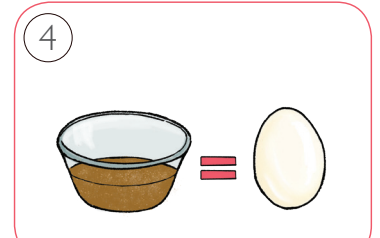
1 Add flaxseed meal and water to a small bowl.



2 Stir together!



3 Let rest 5 minutes to thicken. The mixture will get thick and goopy.



4 Use to replace 1 egg.