

EGG FREE SUBSTITUTES

INGREDIENTS:

- 15 ml ground flax seed
- 30 ml hot water
- 15 ml oil

DIRECTIONS:

Put flax seeds and nearly boiling hot water into blender and whip for about 20 seconds. Add oil and blend for an addition 20 seconds. Makes enough for one egg. Multiple batches can be made together.

INGREDIENTS:

- 45 ml applesauce or mashed banana
- 15 ml oil
- 2.5 ml baking powder

DIRECTIONS:

Lightly blend all ingredients for about 20 seconds. Multiple batches can be made together, but must be used right away.