

EGG ALTERNATIVES



Each of the following is equivalent to *one* egg:

For Savory Recipes:

Soft tofu—4 Tbsp blended with 1 tsp water

Soya flour—1 tsp blended with 1 Tbsp water

Potatoes—4 Tbsp mashed

For Sweet Recipes:

Bananas—1/2 mashed banana

Apple Sauce—4 Tbsp

Pureed Mango—4 Tbsp

For either savory or sweet recipes:

Ener-G Egg Replacer—1 1/2 tsp blended with 2 Tbsp water

(available at most health food stores)

Flax—Combine 3-4 tsp flax seeds with 1/2 cup water, bring to a boil, simmer 5-7 min., strain the flax seed out of the liquid and use the gel as the egg alternative



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