

Flax Seed Egg Substitute

1 Serving

1 Tbsp. ground flax seed
2-3 Tbsp. water

16 Servings

1 cup ground flax seed
3 cups water

Simmer flax seeds and water in a saucepan for about 5 minutes or until thick egg-like consistency has been reached. You may strain mixture at this time if you wish for a smoother texture. Let this mixture cool before using in any recipe.

Use $\frac{1}{4}$ cup of mixture for each egg.

This mixture can be refrigerated for up to 2 weeks.

Flax as a fat replacement

Flax seed meal can replace some or all of the fat such as margarine, shortening, or butter in a recipe. Baked goods with flax as a fat replacement tend to brown more quickly, so a modification of cooking time is needed.

Fat substitute is as follows:

The substitution ratio is three parts flax seed meal for every part oil or fat you are replacing. For example: 1 Tbsp of fat to be replaced would use 3 Tbsp of flax meal.