

Egg Replacement

1 Egg =

1 Tbsp. oil

2 Tbsp. water

1 tsp baking powder

2 Tbsp flour

OR

In pastry/baking recipes that call for eggs, you can substitute with 1 tbsp of fresh ground flax seed in 1/3 cup boiling water for each egg.

Alternatively, EnerG Egg Replacer can be purchased at Organza. Another product is an egg replacement powder from "Celimix". This product can be found at some health food stores.