

# FLAXSEED EGGS

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 Makes 1 egg

 Total Time: 5min

## Ingredients:

- 1 tablespoon flaxseed meal
- 3 tablespoons water

Equipment needed: Small mixing bowl, Spoon, Blender if you need to mill the flaxseed first

## Method:

To make a flax egg, mix one tablespoon ground flaxseed meal with three tablespoons of water.

Mix together, and let sit in your fridge for 15 minutes to set up and thicken. It's that easy. You could leave it up to 30 minutes if you want. Sometimes I even stick it in my freezer for 10 minutes.

The mixture will begin to thicken and get goopy (like an egg) – and you have your flax egg! It's kind of crazy how easy it is to make. For two flax eggs, just double, and so on.

If you only have whole flaxseed just whiz it up in a blender to grind it to a powder

## *Top Tips*

You can general use the ratio 1:1 flax eggs to real eggs in: pancakes, muffins, quick breads, and burgers.

You can also make flax eggs with chia! Substitute the chia seeds equally, grind the chia seeds, and use them similarly.

Do not taste this raw, just like you wouldn't eat a raw egg. You won't be able to taste the difference in your baked goods at all. I've used flax seeds numerous times in brownies, cakes, pancakes, muffins and quick breads. That's one of the great things about it! Plus, you get tons of nutritional benefit with no weird taste.