

FLAXSEED EGG SWOP

These delicate nut-flavored seeds of the flax plant are rich in Omega-3, fiber, and protein-dense. Just 1 oz of ground flaxseed provides 7.1 grams of plant protein.

When combined with a liquid, ground or whole flaxseeds become viscous with a thick, sticky egg-white consistency. Flaxseeds make an ideal replacement for eggs.

FLAX EGG



Beat together the ground flaxseeds + liquid. Leave 5 minutes until the mixture thickens.

USE FLAX EGGS:

- Pancake or waffle batter
- Cakes, quick loaves and muffins
- Cookies and bars
- Add to salad dressings as an emulsifier

FLAX EGG WHITES



Combine 1 cup water to 5 tbsp whole flaxseeds. in a small saucepan. Bring to a boil, reduce the heat and simmer for 10 minutes. Remove from the heat. Strain out the seeds and retain the thick-gloopy mixture to replace egg whites.

USE FLAX EGG WHITES:

- Quiches, frittatas, omelettes
- Baking, meringues and macarons