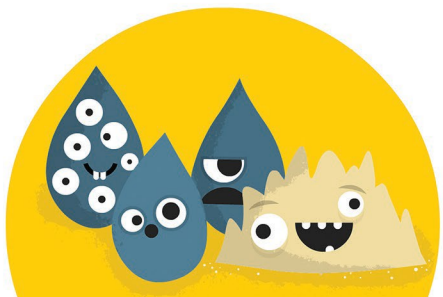
YOUR GUIDE TO

EGG REPLACEMENTS



3 tbsp Water
+ 1 tbsp Soy flour

⅓ Cup water
+ 1 tbsp Chia seeds

3 tbsp Water
+ 1 tbsp Ground flax

¼ cup unsweetened
Applsauce

3 tbsp Peanut butter
+ 2 tbsp Water

½ mashed
ripe Banana

1 tbsp Water
+ 2 tbsp Corn starch

3 tbsp Tahini
+ 2 tbsp Water

¼ cup
Silk tofu

1 tbsp Water
+ 1 tbsp Agar Agar

Each option replaces 1 egg for baking and cooking

SIMPLE HAPPY KITCHEN