





Ground Flax

 +  =  1 Egg




1 tbsp Ground Flax 3 tbsp Water

Chia Seeds

 +  =  1 Egg



1 tbsp Chia Seed 80ml Water

Soy Protein

 +  =  1 Egg



1 tbsp Soy Protein Powder 3 tbsp Water

Ripe Bananas

 =  1 Egg

1/2 Mashed Banana

Applesauce

 =  1 Egg

85g Unsweetened Applesauce

Peanut Butter

 =  1 Egg

3 tbsp Peanut Butter

BakingMad