



Flax Egg - Only 2 Ingredients

Serves 1 flax egg = 1 chicken egg | Prep 5 min | Cook 0 min | Ready in 5 min

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People often ask me what I use to replace chicken eggs in recipes, especially for baked goods. This is a totally expected question, and I have a few alternatives that I prefer! This recipe is my preferred method. It gets nice and goopy and acts extremely well as a binder, just like a chicken egg would. You can also use $\frac{1}{4}$ cup applesauce for each chicken egg, but it doesn't always allow the fluffiness in baked goods that we all know and love. Try this way first!

INGREDIENTS

THE BASE BASICS

- 1 tablespoon organic, ground flaxseed*
- 3 tablespoons water

DIRECTIONS

1. Place 1 tablespoon of flax seed into a bowl
2. Add 3 tablespoons of water
3. Stir
4. Let sit for 5 minutes, stirring occasionally
5. After 5 minutes, the mixture should be goopy
6. Add to any baked goods or in general as an egg replacement
7. Enjoy!

NOTES

*Make sure you get GROUND flaxseed. This will not work with whole flaxseeds.

Flaxseed is an excellent food to facilitate gut health. It may also help relieve constipation and lower your cholesterol levels. Flaxseed is touted for its nutritional benefits as it serves as an excellent source of fiber and omega-3s.