

FLAX SEED EGG

1 egg = 1 T flax meal & 3 T water

DIRECTIONS

- 1 Use raw flax seeds **NOT** pre-ground flax
- 2 Grind flax seeds with either a coffee grinder or a high-speed blender
- 3 Process into a very fine powder
- 4 Store whole flax seeds in the refrigerator or freezer
- 5 You can make one flax seed egg or you can make a dozen in a bowl
- 6 Add flax meal followed by water (not water followed by flax), stirring as you go
- 7 Use a whisk to blend the flax seeds & the water
- 8 Place the bowl in the refrigerator for an hour so the mix becomes thicker
- 9 When the eggs have a sticky consistency, add the mix to your bowl of ingredients

NOTES

- 1 If the flax taste doesn't work for some of your sweeter recipes, use chia seeds instead
- 2 Be aware that the chia seeds are much more expensive than the flax seeds
- 3 EnerG makes a powdered mix that can also make eggs

