

FLAX EGG

Prep time	Total time
5 mins	5 mins

A step-by-step tutorial of how to make a flax egg, egg substitute for baking!

Author: Minimalist Baker

Recipe type: Vegan

Cuisine: Vegan, Baking

Serves: 1



Ingredients

- 1 Tbsp (7 g) flaxseed meal (ground raw flaxseed)
- 2 1/2 Tbsp (37 ml) water

Instructions

1. Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg.
2. It's not an exact 1:1 substitution in every recipe because it doesn't bind and stiffen during baking quite like an egg does. But I've found it to work incredibly well in [pancakes](#), [quick breads](#), [brownies](#), [muffins](#), [cookies](#), and many other recipes.

Notes

*This is not my original recipe, but one I discovered on many vegan baking blogs and have since adapted for my own use.

Nutrition Information

Serving size: 1 egg Calories: 37 Fat: 2.2g Saturated fat: 0g Carbohydrates: 2g Fiber: 1.9g
Protein: 1.3g

Recipe by Minimalist Baker at <http://minimalistbaker.com/how-to-make-a-flax-egg/>