Flax Egg Replacer

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## **Ingredients**

- 1 tbsp (15 mL) freshly ground flax seeds
- 3 tbsp (3 tbsp) water

## **Instructions**

- 1. Put ground flax powder in a small bowl.
- 2. Add water and mix. Let sit for 2-3 minutes. Use when thick.

Can be used to replace one egg in recipes.

Makes 1 egg replacement.