

# Flax or Chia Seed Egg Replacement

## Flax or Chia Egg Replacement #1

To make the “egg” mix:

1 Tablespoon GROUND flax or chia seed  
3 Tablespoons water

Mix well and let stand for a few minutes. 1 Tablespoon of this mixture = 1 egg.



## Flax or Chia Egg Replacement #2

1 cup water  
2 Tablespoons of flax seeds or chia seeds

Bring to a boil and boil until frothy {2-4 minutes}. Strain through a fine mesh sieve. Return the seeds to the saucepan and add 1/2 cup more water and repeat the process one more time.

1/4 cup gel = 1 egg.

## Flax or Chia Egg Replacement #3

For this option, please go to the link provided below:

<https://www.morphyandme.com/flax-gel-egg-replacer-recipe>