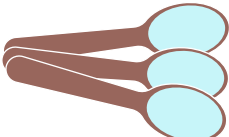
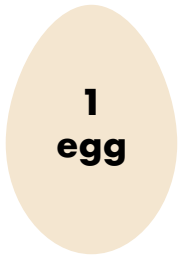

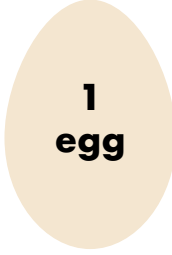



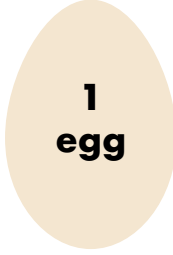

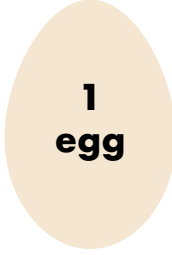




# Egg Substitutes



Ground Flaxseed/ Chia Seed	Peanut Butter	Applesauce	Ripe Avocado	Ripe Banana	Coconut or Soy Yogurt
<p>1 Tbsp ground flaxseed or chia seed +</p>  <p>3 Tbsp water =</p>  <p><b>1 egg</b></p> <p><b>Note:</b> Mix well and let rest 15 minutes before using</p>	 <p>3 Tbsp peanut butter =</p>  <p><b>1 egg</b></p>	 <p>1/4 cup unsweetened applesauce =</p>  <p><b>1 egg</b></p>	 <p>1/2 mashed avocado =</p>  <p><b>1 egg</b></p>	 <p>1/2 mashed banana =</p>  <p><b>1 egg</b></p>	 <p>1/4 cup coconut or soy yogurt =</p>  <p><b>1 egg</b></p>