

How to make a Flax Egg



1. Add 1 Tbsp (15 mL) ground flax.



2. Add 3 Tbsp (45 mL) warm water.



3. Stir as mixture thickens.



4. Once thick, add to your baking recipe in place of an egg.



1 Tbsp (15 mL) ground flax
1 Flax Egg
plus 3 Tbsp (45 mL) water

Flax eggs are an easy substitute for eggs in baking recipes like pancakes, muffins, cookies and cakes. Use for vegan baking and for those allergic to eggs.

In Baking,
1 Flax Egg
= 1 Egg

Lemon Pear Bundt Cake



Ingredients

2 Tbsp	(30 mL)	ground flaxseed
6 Tbsp	(90 mL)	water
1 can	(15 oz.)	sliced pears in its own juice
2¼ cups	(560 mL)	unbleached all-purpose flour
2½ tsp	(7 mL)	baking powder
½ tsp	(2 mL)	salt
1 cup	(250 mL)	sugar
⅓ cup	(75 mL)	canola oil
2 tsp	(10 mL)	vanilla
1 Tbsp	(15 mL)	grated lemon rind
⅓ cup	(75 mL)	apricot fruit spread

Instructions

1. Preheat oven 325° F (160° C). Liberally coat a nonstick bundt pan with cooking spray and set aside. Whisk together the ground flaxseed with water and let stand for 2-3 minutes.
2. Drain the pears, reserving the juice. Add enough water to the juice to equal 1⅓ cups (325 mL) liquid.
3. Combine the flour, baking powder, and salt in a medium bowl and set aside.
4. In a large bowl, combine sugar, oil, and vanilla. Using electric mixer on medium-high speed, beat until well blended. Add flax mixture and 1⅓ cups (325 mL) liquid, beat until well blended. Reduce to low speed, add flour mixture, beat until just combined. Stir in zest.
5. Arrange the pear slices in the bottom “grooves” of the bundt pan, carefully pour the batter evenly over all. Bake 1 hour or until wooden pick inserted in the center comes out clean. Transfer the cake in the pan to a cooling rack. Let cool 30 minutes.
6. Gently run a knife around inner and outer edges of bundt pan and invert onto a serving plate. Let cool completely, at least 1 hour.
7. Heat the fruit spread in a small saucepan over medium heat until slightly melted or place in a microwave-safe bowl and heat on high setting in microwave for 30 seconds. Brush lightly over the cake.

Nutritional Analysis

Calories	240
Total Fat	7 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Carbohydrates	43 g
Fibre	1 g
Sugar	25 g
Protein	2 g
Sodium	200 mg
Potassium	56 mg

Yield one 10-inch (25 cm) bundt cake or 12 pieces **Serving size** 1 piece
Each piece contains ½ tsp (2 mL) **ground flaxseed**.

Hearty Cinnamon Apple Pumpkin Muffins



Ingredients

1 Tbsp	(15 mL)	ground flaxseed
3 Tbsp	(45 mL)	water
¼ cups	(310 mL)	unbleached white flour
⅔ cup	(150 mL)	quick cooking oats
1½ tsp	(7 mL)	baking soda
1½ tsp	(7 mL)	ground cinnamon, divided use
½ tsp	(2 mL)	ground nutmeg
½ tsp	(2 mL)	ground allspice
½ tsp	(2 mL)	salt
1 cup	(250 mL)	canned pumpkin
½ cup	(125 mL)	plain unsweetened almond milk
⅔ cup	(150 mL)	turbinado sugar, divided use
¼ cup	(60 mL)	maple syrup
¼ cup	(60 mL)	canola oil
1½ cups	(375 mL)	diced tart apple, such as Granny Smith
½ cup	(125 mL)	slivered almonds

Instructions

1. Whisk together ground flaxseed and water in a medium bowl and let stand 2-3 minutes.
2. Preheat oven to 375° F (190° C). Lightly coat nonstick muffin tins with cooking spray.
3. Combine the flour, oats, baking soda, ½ tsp (2 mL) cinnamon, nutmeg, allspice and salt in a large bowl.
4. To flax mixture, stir in the pumpkin, milk, ½ cup (125 mL) sugar, syrup, and oil until well blended.
5. Stir the pumpkin mixture into the flour mixture until JUST blended. Do not overmix.
6. Divide evenly among 12 muffin tins (the cups will be very full), and top with apples and almonds. Combine the remaining 2 Tbsp (30 mL) sugar and ¾ tsp (3 mL) cinnamon in a small bowl and sprinkle evenly over all.
7. Bake for 25-26 minutes, or until a toothpick inserted into the center comes out clean. Let stand in the pan for 10 full minutes. Carefully remove and cool on wire rack.

Nutritional Analysis

Calories	220
Total Fat	8 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Carbohydrates	35 g
Fibre	2 g
Sugar	15 g
Protein	4 g
Sodium	260 mg
Potassium	115 mg

Yield 12 muffins **Serving Size** 1 muffin
Each muffin contains ¼ tsp (1 mL) **ground flaxseed**