

### **Flaxseed Egg Replacement**

1 tablespoon ground flaxseed

3 tablespoons water

Combine ground flaxseed and water in a small bowl. It will thicken after a minute. Alternatively, you can simply add both water and flaxseed to wet ingredients. Substitute ground flaxseed for one or two eggs in your favourite pancake, waffle, or muffin recipes. As a bonus, this boosts your intake of omega-3 fatty acids without raising your cholesterol intake. Don't try by making a soufflé with ground flaxseed though.