



## *Tips and Tricks:* *Egg Substitute with Chia*

Recipe Gluten-free, dairy-free (casein-free),  
hypotoxic and vegan

By: Cuisine l'Angélique

---

### **INGREDIENTS FOR REPLACING 1 EGG:**



- 2.5 ml (1/2 tsp) white [chia](#)
- 30 ml (2 tbsp) organic applesauce
- 15 ml (1 tbsp) water



---

### **PREPARATION**

Let stand for 30 minutes and then add to the liquid ingredients in your recipe.

The result is really surprising!

*EXCEPTION: This egg substitute works for pastry recipes except for chiffon cakes or recipes that require whipped egg whites (meringue).*