



SUBSTITUTIONS



Ground
flax

Chia
seed

Soy
protein

Agar
agar

Ripe
bananas

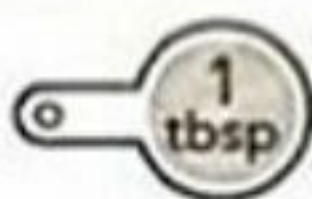
Applesauce

Peanut
butter



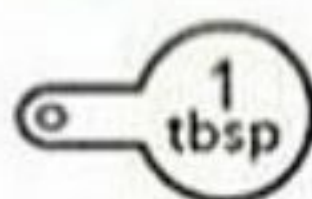
ground
flax

+



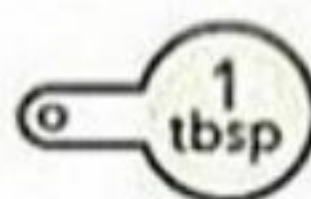
chia
seed

+



soy protein
powder

+



agar
agar

+



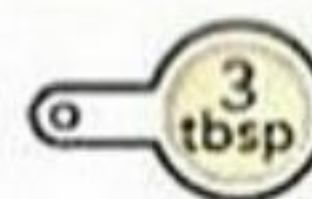
½ mashed
banana

=



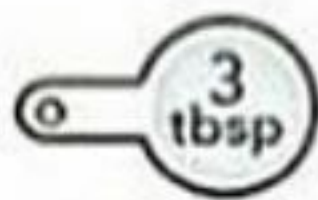
unsweetened
applesauce

=



peanut
butter

=



water

=



egg

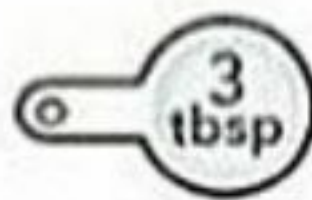


water

=



egg

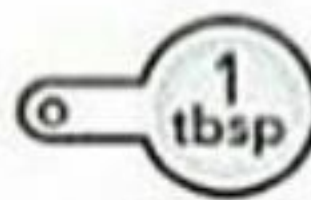


water

=



egg



water

=



egg



egg



egg



egg