

FRESH EGG SUBSTITUTES

Unflavored Gelatin instead of EGGS

Replaces eggs in **baking**: cakes, cornbread, cookies, etc.
You can substitute UNFLAVORED GELATIN in your baking recipes and save money. Gelatin is a better food storage item than powdered eggs and Stores for years without rotation.

Follow the basic **Gelatin** recipe below for all your baking needs

Mix up this recipe before you start to mix up Cookies, Cakes, etc.

1 egg = 1 tsp gelatin
3 TBS. cold water
2 TBS and 1 tsp boiling water

2 eggs = 2 tsp gelatin
1/3 cup cold water
1/3 cup boiling water

FACTS: 1 egg has 6 grams of protein
1 TBS. gelatin has 9 grams of protein
1 egg has 78 calories
1 TBS gelatin has 28 calories
Eggs are high in cholesterol while gelatin has none 😊

Bob's Red Mill Egg Replacer

For **ALL** your **BAKING** needs: cookies, cakes, muffins, quick breads, brownies, pancakes etc.
Cannot substitute for whipped egg whites as in meringue or angel food cake

Powdered EGGS

For **all** your **BAKING NEEDS**: cookies, cakes, muffins, quick breads, brownies, pancakes
Reconstitute and use as scrambled eggs
*Won't work in cooking **from scratch***: tapioca pudding or egg custard, or puddings

To Reconstitute:

1 TBS Powdered Egg 2 TBS Water