

ENER-G EGG REPLACER RECIPES

Egg Replacer Whipped Cream

1¼ cup Cream
¼ cup Ener-G Egg Replacer
1 tsp Vanilla
Pinch of Salt
1 cup Sugar

Whip cream until thickened. Add the sugar, salt and vanilla with the Egg Replacer. Whip thoroughly until thickened. Place covered in refrigerator approximately 1 hour until cold.

Egg Replacer Orange Pancakes

4 tsp Ener-G Egg Replacer (packed)
6 Tbsp Orange juice
1 Tbsp Brown Sugar
1 tsp Vanilla
⅛ Nutmeg
¼ tsp Cinnamon
¾ cup Milk
¼ cup Ener-G Potato Mix
½ cup Ener-G Rice Mix
1 tsp Baking Soda
½ tsp Baking Powder

Whip first 2 ingredients together. Mix in brown sugar, vanilla, nutmeg and cinnamon. Add Milk and mix until thickened. In separate bowl mix Potato Mix, rice Mix, baking soda and baking powder together. Mix into ingredients. Scrape down. Mix another 30 seconds. Let sit 1-2 minutes. Fry at medium high heat.

Egg-Free Victoria Sponge Cake

2 cups all purpose wheat flour
1 cup brown sugar
3 tsp baking powder
1 tsp Ener-G Egg Replacer
¼ cup plus ½ Tbsp shortening
1⅓ cups water
flavor of your choice (optional)

Preheat oven to 375°F. Mix the first four ingredients together. Add the shortening and mix well. Add the water and flavor and mix 2 minutes. Pour into a greased 8inch cake pan. Bake for 30 minutes or until the middle is firm to touch.

Egg-Free Muffin

1⅔ cups all purpose wheat flour
2½ tsp baking powder
2 Tbsp sugar
½ tsp salt
1 tsp Ener-G Egg Replacer beaten in 2 Tbsp water
1¼ cups milk
4 Tbsp oil

Preheat oven to 400°F. Sift flour baking powder, sugar and salt together. Combine Egg Replacer, milk and oil. Add all at once to flour mixture. Stir until dry ingredients are thoroughly dampened. Turn into greased muffin pans or patty tin about ⅔ full. Bake for 25 minutes or until done.

Egg Replacer Chocolate & Coconut Slices

4 oz. cooking chocolate, milk variety
¼ cup margarine
¾ cup brown sugar
1 tsp Ener-G Egg Replacer
2 Tbsp water
½ cup raisins
1⅓ cups coconut
2 oz. glazed cherries (quartered)

Preheat oven to 350°F. Melt chocolate and cover base of 8 inch tin and set aside. Cream margarine and sugar together. Beat in Egg Replacer and water. Add raisins and coconut. Fold in cherries and spread over chocolate. Bake for 30-40 minutes. Cool before serving.

Egg-Free Orange Mousse

2 tsp plain gelatin
2 Tbsp orange juice
2 tsp Ener-G Egg Replacer
3 Tbsp water
¼ cup brown sugar
juice and rind of one orange
¼ cup whipping cream
4 tsp Ener-G Egg Replacer
6 Tbsp water

Grease a ½ pint soufflé dish. Position the paking paper to stand 1⅜ inch above the dish and grease with butter or margarine. Add gelatin to orange

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juice and place over hot water to dissolve. Beat Egg Replacer, water and sugar until frothy. Add gelatin mixture, orange juice and orange rind and leave until beginning to set. Lightly whip cream. Beat Egg Replacer and water to form soft peaks. Fold orange juice mixture into cream and fold in remaining Egg Replacer. Pour into serving dish and allow to set in a cool place. Decorate before serving.

Egg-Free Custard Tart Filling

1½ cup scalded milk
⅓ packed cup Ener-G Egg Replacer
½ cup sugar
¼ tsp salt (optional)
1 tsp vanilla
2 tsp fruit pectin

Scald milk. Stir all dry ingredients together. Slowly add ingredients to hot milk while mixing. Mix 1 minute. Pour into pie shell or custard cups. Refrigerate until firm.

Egg Replacer Banana Teabread

1½ cups all purpose wheat flour
2 tsp Ener-G Egg Replacer
2 tsp baking powder
1 tsp baking soda
½ tsp salt (optional)
½ cup sugar
3 Tbsp oil
4 Tbsp water
1 Tbsp orange juice concentrate
1 tsp vanilla
1 cup mashed banana

Preheat oven to 350°F. Mix all dry ingredients together. Add remaining ingredients and mix 1½ minutes. Pour into 1 lb pan. Dip rubber spatula into oil and then dip into top of batter and remove quickly (this eliminates cracking on sides during baking). Bake 40 minutes or until golden brown.

Egg-Free Lemon Pie Filing

¼ cup Ener-G Egg Replacer
1 cup sugar
¼ tsp salt (optional)

1½ cup hot water
⅓ cup lemon juice
2 Tbsp lemon rind
1 baked 9 inch pie shell

In double boiler combine Egg Replacer, sugar and salt. Stir with rubber spatula until thoroughly blended. Add water, lemon juice and lemon rind. Continue stirring until smooth and thick. When dropped from spatula, pie filling should mound. Remove from heat. Stir for 5 minutes to cool. Pour into pie shell. Let cool thoroughly. Refrigerate at least 2 hours before serving.

Egg Replacer Quiche

1 cup grated cheddar cheese
diced onions, bell peppers, tomatoes, etc...to taste
3⅓ Tbsp Ener-G Egg Replacer
½ cup milk or cream
1 – 8" pie crust unbaked

Preheat oven to 375°F. Place cheese over entire bottom of pie shell. Place other fillings (diced onions, bell peppers, tomatoes, etc.) over cheese. Thoroughly mix Egg Replacer and milk together until smooth (3 to 4 minutes). Pour over filling into pie shell. Bake about 30 minutes or until pie shell is golden brown.

Egg Replacer Pancakes

1¼ cup all purpose wheat flour
pinch of salt
1¼ cup milk
1 tsp Ener-G Egg Replacer
1 Tbsp hot water
1 Tbsp oil

Sift flour and salt together. Beat in milk, Egg Replacer and water until batter is smooth. Heat a little oil in a small frying pan until hot. Pour in batter and fry until golden brown. Turn and cook second side. Keep warm until served.