

## Flax Eggs: They're No Yolk!

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- Total Time: 20 mins
- Cook Time: -
- Serves: -

### Ingredients:

- 2 tbsp flax seeds
- 6 tbsp water

### Method:

- Finely grind the flax seeds in a food processor.
- Measure out water into a bowl and add the ground flax. Stir until well combined.
- Soak the mixture for 15 minutes.
- Give it a quick stir and you're done!
- Adjust quantities depending on the number of flax eggs your require in a given dish.