



# EGG SUBSTITUTES



$\frac{1}{2}$   
a medium banana  
(mashed)



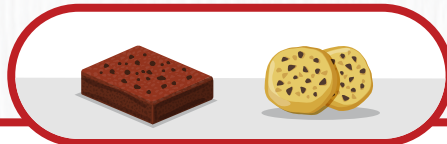
4 tbsp  
applesauce



4 tbsp  
silken tofu



4 tbsp  
buttermilk



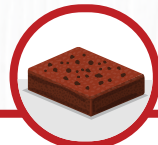
1 tbsp  
ground flax seed



3 tbsp  
water



4 tbsp  
sweetened  
condensed milk



4 tbsp  
yogurt

