EGG SUBSTITUTES

1/2 a medium banana (mashed) = 1

4 tbsp applesauce = 1

4 tbsp silken tofu = 1

4 tbsp buttermilk = 1

1 tbsp ground flax seed + 3 tbsp water = 1

4 tbsp sweetened condensed milk = 1

4 tbsp yogurt = 1

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