

egg vegan baking ingredient

The Versatile Flax Egg: A Vegan Baking Ingredient Revolution

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Summary: This article explores the use of flax eggs – a versatile vegan baking ingredient – as a replacement for traditional chicken eggs in various baking applications. It delves into the challenges associated with using flax eggs, such as achieving optimal texture and binding, and offers solutions and practical tips for successful baking. It also highlights the nutritional benefits and environmental advantages of using this sustainable vegan alternative.

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Introduction:

The rise in veganism and plant-based diets has fueled a surge in demand for effective egg replacements in baking. While many options exist, the flax egg—made from ground flaxseed meal mixed with water—has emerged as a popular and versatile vegan baking ingredient. This article will provide a comprehensive examination of the flax egg, exploring its advantages, limitations, and applications within the realm of vegan baking.

Understanding the Flax Egg: Composition and Functionality

A flax egg is simply a mixture of ground flaxseed meal and water, typically using a 1:3 ratio (1 tablespoon flaxseed meal to 3 tablespoons water). The magic lies in the mucilage, a gelatinous substance found in flaxseed, which acts as a binding agent, providing structure and moisture to baked goods. This mucilage is created when the flaxseed meal absorbs water, forming a

viscous gel. This gel mimics some of the functionalities of eggs in baking, such as binding ingredients, adding moisture, and creating a richer texture.

Challenges in Using Flax Eggs:

Despite its versatility, using flax eggs presents some unique challenges:

Texture: Flax eggs can sometimes result in slightly denser or more crumbly textures compared to those achieved with chicken eggs. This is because the binding properties of flax mucilage differ from those of egg proteins.

Flavor: While generally neutral, flax eggs can impart a slightly nutty or earthy flavor to baked goods, which may not be desirable in all recipes. This subtle flavor is more pronounced in recipes where the flax egg constitutes a larger proportion of the ingredients.

Setting Time: Flax eggs require a certain amount of time to gel properly before being incorporated into the recipe. Rushing this process can lead to inferior binding and a less desirable texture. Generally, allowing the flax egg mixture to sit for at least 5 minutes is recommended.

Recipe Adaptation: Simply swapping chicken eggs for flax eggs in any recipe won't always yield perfect results. Recipe adaptation is often necessary, requiring adjustments to liquid content, baking time, and other ingredients to compensate for the different properties of flax eggs.

Opportunities and Advantages of Flax Eggs:

Despite these challenges, flax eggs offer many compelling advantages:

Nutritional Benefits: Flaxseeds are rich in omega-3 fatty acids, fiber, and lignans, all of which contribute to improved health. Incorporating flax eggs into baked goods provides a nutritional boost compared to using traditional eggs.

Sustainability: Flaxseed cultivation is generally more sustainable than chicken egg production, requiring less land, water, and feed. Choosing flax eggs contributes to a more environmentally friendly approach to baking.

Allergy-Friendliness: Flax eggs are a suitable alternative for individuals with egg allergies, allowing them to enjoy a wider range of baked goods.

Cost-Effectiveness: Flaxseed meal is relatively inexpensive, making flax eggs a budget-friendly option compared to other vegan egg replacements.

Versatility: Flax eggs can be used in a wide array of baked goods, including muffins, cakes, cookies, breads, and even some savory dishes.

Optimizing Flax Egg Usage in Baking:

To maximize the success of using flax eggs, consider these tips:

Proper Ratio: Always adhere to the recommended 1:3 ratio of flaxseed meal to water. Using too much or too little water can affect the gel's consistency.

Freshly Ground Flaxseed: Using freshly ground flaxseed meal yields the best results. Pre-ground flaxseed meal can become rancid over time, affecting the gel's formation.

Recipe Adaptation: Experiment with adjusting other ingredients in the recipe to compensate for the different properties of flax eggs. This might include adding more liquid, adjusting baking time, or incorporating additional binding agents.

Careful Mixing: Gently mix the flax egg into the batter to avoid overmixing, which can lead to tough baked goods.

Conclusion:

The flax egg, a simple yet powerful vegan baking ingredient, offers a compelling alternative to traditional chicken eggs. While certain challenges exist regarding texture and flavor, these can be mitigated through careful recipe adaptation and proper technique. The nutritional benefits, environmental advantages, and cost-effectiveness of flax eggs make them a valuable addition to any vegan baker's arsenal. By understanding its properties and employing the tips outlined above, you can successfully incorporate flax eggs into your baking and enjoy delicious, healthy, and sustainable treats.

FAQs:

1. Can I substitute flax eggs in all recipes requiring eggs? Not all recipes will respond equally well. Recipes relying heavily on egg leavening (like soufflés) may not be ideal candidates.
2. How long do flax eggs last in the refrigerator? Prepared flax eggs should be used immediately. However, unused flaxseed meal can be stored in an airtight container at room temperature for several months.
3. Can I use other liquids besides water to make a flax egg? While water is most common, you can experiment with other liquids like plant-based milk, but the results may vary.
4. What if my flax egg mixture is too thick or too thin? Adjust the water accordingly. Too thick? Add more water. Too thin? Add more flaxseed meal.

5. Do flax eggs affect the rise of baked goods? They can sometimes lead to a slightly denser texture, but this can be compensated for by adjusting other ingredients.
6. Are there any other vegan egg replacements besides flax eggs? Yes, chia seeds, applesauce, and silken tofu are also common substitutes.
7. Can I freeze flax egg mixture? It's not recommended. Freezing can affect the gel's consistency.
8. Do flax eggs contain gluten? No, flax eggs are naturally gluten-free.
9. Are flax eggs suitable for all diets? While generally suitable for most diets, individuals with specific allergies or health conditions should consult a healthcare professional.

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egg vegan baking ingredient: Joy the Baker Cookbook Joy Wilson, 2012-02-28 Joy the Baker Cookbook includes everything from Man Bait Apple Crisp to Single Lady Pancakes to Peanut Butter Birthday Cake. Joy's philosophy is that everyone loves dessert; most people are just looking for an excuse to eat cake for breakfast.

egg vegan baking ingredient: Minimalist Baker's Everyday Cooking Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

egg vegan baking ingredient: Bake with Shivesh Shivesh Bhatia, 2018-11-05 This is not your regular cookbook. Food styling has become a skill many want to master, but don't know how. Popular food blogger and maverick baker Shivesh Bhatia is here to help. Twenty-two-year-old Shivesh enjoys a massive following on his blog and Instagram. Brands love him and so do people. In Bake with Shivesh, the ace baker reveals foolproof tips on food styling that can be easily followed at home, in your kitchen, with tools you already own. He also talks about his favourite styling techniques, and what works or doesn't on different social media platforms. This is a book for everyone looking to elevate the way they present food, to help boost their blogs and businesses, and to make food look as good as it tastes.

egg vegan baking ingredient: Vegan Baking Linda Majzlik, 2001 This collection presents more than 100 brand-new recipes for cakes, loaves, biscuits, no-bake cakes, and savory baking all free of animal products. Enjoy the strawberry and almond sponge or a spiced carrot and nut loaf, a plate of mincemeat muffins or pear and ginger oaties. When something savory is called for, why not go for the olive and oregano bread or the pepper and pesto buns. This is the third in a series of cookbooks for the increasing number of people who follow a meat-free and dairy-free diet.

egg vegan baking ingredient: Modern Vegan Baking Gretchen Price, 2018-01-23 The ultimate guide to real vegan baking—Modern Vegan Baking is your best resource for creative, substitution-free treats that are both savory and sweet With new ingredients like agave, arrowroot, and aquafaba, vegan baking is every bit as delicious and exciting as traditional baking. Mixing inventive ingredients and cutting-edge methods, professional vegan baker and blogger behind Gretchen's Vegan Bakery Gretchen Price shows just how delicious substitution-free cooking can be. With 125 recipes, plus step-by-step tutorials, Modern Vegan Baking provides a variety of tried and tested recipes for anyone who enjoys vegan baking. Modern Vegan Baking contains: 125 Vegan Baking Recipes for making both savory and sweet treats, including must-have classics and innovative creations Easy-to-Follow Instructions for new vegan baking techniques and ingredients Helpful Extras including a complete guide to vegan baking substitutions Recipes in Modern Vegan

Baking include: Triple Chocolate Glazed Donuts, Rosemary and Fig Focaccia, Lemon Lavender Shortbread, Pumpkin Pie with Oat Nut Crust, and much more! Taste how much better baking without butter can be with these creative and dairy-free delicacies!

egg vegan baking ingredient: Top With Cinnamon Izy Hossack, 2014-09-01 Izy Hossack isn't your regular 18-year-old. Since her early teens she has been developing delicious recipes and styling and photographing them with a flair well beyond her years, recording it all on her blog, topwithcinnamon.com, a site which has now become an internet phenomenon. In her debut cookbook, Izy showcases a selection of mouth-watering, wholesome recipes. Try her 10 minute stove-top granola for breakfast and zucchini, tomato and red pepper galette with kale pesto for dinner. For dessert you'll be spoilt for choice with a healthy take on double chocolate chip muffins if you're feeling virtuous, or go all-out with the indulgent mocha coconut cake. Featuring some gluten-free recipes and healthy options, as well as step-by-step how-to's, Top With Cinnamon has something to suit everyone.

egg vegan baking ingredient: **Bake Vegan Stuff, Easy Recipes For Kids (And Adults Too!)** Vol. 1 Sara Kidd, 2019-10-20 Grab Sara Kidd's new vegan cookbook that will have you baking amazing vegan recipes in no time! This is a great cookbook for those wanting to learn easy vegan baking techniques and make recipes that taste exactly like non-vegan baking. Learn the easiest egg and dairy replacements. If you're allergy conscious this recipe book also has loads of gluten-free, nut-free, soy-free and sugar-free recipes. It's completely egg-free and dairy-free too. It's perfect for kids (and adults too!).

egg vegan baking ingredient: **Gluten-Free Artisan Bread in Five Minutes a Day** Jeff Hertzberg, M.D., Zoë François, 2014-10-21 The bestselling authors of the groundbreaking Artisan Bread in Five Minutes a Day bring you a cookbook with 90 delicious, entirely gluten-free bread recipes made from easy-to-find ingredients--a perfect gift for health conscious foodies and bakers! With more than half a million copies of their books in print, Jeff Hertzberg, MD and Zoë François have proven that people want to bake their own bread, so long as they can do it quickly and easily. But what about people with celiac disease or gluten sensitivity? They want to eat well too, but gluten is everywhere: in cakes, pastas, desserts, gravy—even in beer and Scotch whiskey. But the thing they miss most? Bread. Based on overwhelming requests from their readers, Jeff Hertzberg and Zoë François have returned to their test kitchens to create an entirely gluten-free bread cookbook—most of the recipes that readers loved in Artisan Bread in Five Minutes a Day appear here in a gluten-free version. In just five minutes a day of active preparation time, you can create delectable, gluten-free Sandwich loaves, European Peasant Bread, 100% Whole Grain Loaves, French Baguettes, Crock Pot Bread, Caraway Rye Bread, Challah, and even fabulous dessert breads like Brioche, Doughnuts, and Sticky Pecan Caramel Rolls. Gluten-Free Artisan Bread in Five Minutes a Day extends their revolutionary stored-dough method to yeasted and unleavened breads made without wheat, barley, or rye. With 90 recipes—plus 100 black-and-white instructional photos and 40 gorgeous color images—the authors adopt the rich palette of world breads to their unique method. With this revolutionary approach, you CAN have mouthwatering gluten-free artisan bread in just five minutes a day!

egg vegan baking ingredient: **Go Dairy Free** Alisa Fleming, 2018-06-12 If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, Go Dairy Free is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside: • More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings • A comprehensive

guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more • Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips • A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health • An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition • Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations • Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances • Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

egg vegan baking ingredient: The Oh She Glows Cookbook Angela Liddon, 2014-03-04 The New York Times bestseller from the founder of Oh She Glows Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook! —Isa Chandra Moskowitz, author of *Isa Does It* So many things I want to make! This is a book you'll want on the shelf. —Sara Forte, author of *The Sprouted Kitchen* A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, vegan-curious, or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

egg vegan baking ingredient: Aquafaba Zsu Dever, 2016-10-04 The bean liquid we used to throw away turns out to be one of the most astonishing culinary discoveries of the decade. With its amazing egg-replacement abilities, miraculous aquafaba can be used as an egg-replacer to make everything from French toast to lemon meringue pie. Aquafaba can be used as a binder in both sweet and savory recipes and is a boon to vegans, people with egg allergies, as well as anyone interested in innovative cooking with a magical new ingredient. Aquafaba includes the story of how the bean liquid properties were discovered, how to use it, and how to make fabulous recipes, including: waffles crepes quiche burgers macarons marshmallows Aquafaba can even be used to make dairy-free cheese, ice cream, butter, and so much more. The book also includes a chapter filled with recipes that use the chickpeas and beans that remain after using their liquid to make aquafaba. The latest title by San-Diego-based author Zsu Dever (author of *Vegan Bowls* and *Everday Vegan Eats*), Aquafaba features Zsu's signature photography, her easy-to-follow instructions, and metric conversion charts.

egg vegan baking ingredient: Occasionally Eggs Alexandra Daum, 2021-04-20 From the creator of the popular blog, *Occasionally Eggs*, comes a beautiful debut cookbook exploring the bounty of the seasons, filled with more than 110 simple vegetarian recipes. Alexandra Daum loves nothing more than harvesting her garden throughout the year, and creating satisfying, seasonally-driven recipes. In her first cookbook, *Occasionally Eggs*, she shows us how simple it can be to cook healthy(ish) vegetarian meals with local fruits and vegetables, and pantry staples, like grains and legumes. Hard-to-find ingredients are kept to a minimum, with a focus on flavour

combinations that make the best possible use of market finds. Largely plant-based, with the exception of occasional uses of honey and eggs, this book will inspire you to include fresh, local produce in your daily meal preparation. With over 110 delicious and nourishing recipes, Occasionally Eggs will create excitement as the seasons change. You'll explore fresh, vibrant flavours in spring and summer, with dishes like Chickpea Apricot Grain Salad, Spring Pesto Pizza, Sweet Corn and Zucchini Pakoras, and Strawberry Elderflower Ginger Beer Floats. In autumn and winter, it's a time to enjoy cozier, warmer meals, including Apple Hazelnut Waffles, Sesame Roasted Delicata Squash, Smoky Mushroom Pumpkin Chili, and Tahini Date Banana Bread. Occasionally Eggs is equal parts instruction and inspiration, with substitutions, tips, and tricks to allow for intuitive cooking based on what you have on hand. In addition to her seasonal offerings, Alexandra includes chapters on useful staples and basic fermentation, so you can try your hand at a homemade kombucha or spelt sourdough, and fill your fridge with easy-to-make oat milk or tahini dressing. This is truly a year-round recipe collection and a book you'll turn to for years to come.

egg vegan baking ingredient: *The Beginner's Guide to Gluten-Free Vegan Baking* Gina Fontana, 2021-12-14 Show Stopping Gluten-Free and Vegan Baked Goods for Every Craving Gina Fontana, founder of the Healthy Little Vittles blog, has cracked the code to baking without dairy, eggs and gluten. In this game-changing guide she shares 60 foolproof recipes plus essential tips and tricks for avoiding common gluten-free vegan baking mishaps. Finally, you can satisfy any sweet craving, regardless of dietary restrictions! Now, it's easy to create comforting classics you may have thought impossible to make plant-based and gluten-free, including fudgy brownies, creamy cheesecake and crème brûlée with a perfectly caramelized top. Chapters are organized by techniques like egg swaps, dairy and butter alternatives, batter consistency and natural sweeteners, so you'll learn to problem-solve while building your baking repertoire. From Perfectly Spiced Carrot Cake and Bourbon Peach Ice Cream to Edible Chocolate Chip Cookie Dough and Apricot Pie Pops, the simple yet delicious options are endless. Packed with invaluable information and 60 gorgeous full-color photo-graphs, this is the must-have handbook for anyone interested in crafting exceptional sweets that just happen to be gluten-free and vegan.

egg vegan baking ingredient: *Jane's Patisserie* Jane Dunn, 2021-08-05 The fastest selling baking book of all time, from social media sensation Jane's Patisserie 'This will be the most-loved baking book in your stash!' - Zoë Sugg 'The Mary Berry of the Instagram age' - The Times Life is what you bake it - so bake it sweet! Discover how to make life sweet with 100 delicious bakes, cakes and treats from baking blogger, Jane. Jane's recipes are loved for being easy, customisable, and packed with your favourite flavours. Covering everything from gooey cookies and celebration cakes with a dreamy drip finish, to fluffy cupcakes and creamy no-bake cheesecakes, Jane's Patisserie is easy baking for everyone. Whether you're looking for a salted caramel fix, or a spicy biscoff bake, this book has everything you need to create iconic bakes and become a star baker. Includes new and exclusive recipes requested by her followers and the most popular classics from her blog - NYC Cookies, No-Bake Biscoff Cheesecake, Salted Caramel Drip Cake and more!

egg vegan baking ingredient: **Bigger Bolder Baking** Gemma Stafford, 2019 More than 100 sweet and simple recipes for cakes, cookies, pies, puddings, and more--all using a few common ingredients and kitchen tools.

egg vegan baking ingredient: **Flying Apron's Gluten-Free & Vegan Baking Book** Jennifer Katzinger, 2010-06-01 The owner of one of Seattle's most popular bakeries shares over 80 vegan and gluten-free recipes that will satisfy your sweet tooth or savory cravings Over the last decade, a vegan diet has become a more mainstream choice; food allergies have been increasing at alarming rates; and celiac disease is on everyone's radar. When owner Jennifer Katzinger opened The Flying Apron Bakery in 2002, she wanted to accommodate more people, as well as use healthier ingredients, so she eliminated gluten, dairy, egg, soy, and wheat. The mouthwatering result? Cakes and muffins with a tender crumb, cookies with a chewy bite, frosting that's light yet satisfyingly sweet, and pastry that flakes at the touch of a fork. In Flying Apron's Gluten-Free and Vegan Baking Book, Katzinger shares the delicious secrets of her sweet and savory recipes. Bake yummy pastries

like Blueberry Cinnamon Scones and Lemon Poppy Seed Muffins, or whip up a batch of Chocolate Chip Cookies, or Cardamom Spice Cupcakes. In more than 80 recipes, Katzinger offers satisfying treats—whether you're transitioning to a vegan or gluten-free diet, or simply wanting to indulge a sweet tooth using healthier ingredients.

egg vegan baking ingredient: How to Bake Everything Mark Bittman, 2016-10-04 In *How To Bake Everything*, the most comprehensive book of its kind, New York Times bestselling author Mark Bittman offers the ultimate baker's resource—for beginners and pros alike! Finally, here is the simplest way to bake everything, from American favorites (Crunchy Toffee Cookies, Baked Alaska) to of-the-moment updates (Gingerbread Whoopie Pies). The book explores global baking, too: Nordic ruis, New Orleans beignets, Afghan snowshoe naan. Bittman's recipes satisfy every flavor craving thanks to more than 2,000 recipes and variations: a pound cake can incorporate polenta, yogurt, ricotta, citrus, hazelnuts, ginger, and more. New bakers will appreciate Bittman's opinionated advice on essential equipment and ingredient substitutions, plus extensive technique illustrations. The pros will find their creativity unleashed with guidance on how to adapt recipes to become vegan, incorporate new grains, improvise tarts, or create customized icebox cakes using a mix-and-match chart. Demystified, deconstructed, and debunked—baking is simpler and more flexible than you ever imagined.

egg vegan baking ingredient: Sally's Baking Addiction Sally McKenney, 2016-10-11 Updated with a brand-new selection of desserts and treats, the fully illustrated *Sally's Baking Addiction* cookbook offers more than 80 scrumptious recipes for indulging your sweet tooth—featuring a chapter of healthier dessert options, including some vegan and gluten-free recipes. It's no secret that Sally McKenney loves to bake. Her popular blog, *Sally's Baking Addiction*, has become a trusted source for fellow dessert lovers who are also eager to bake from scratch. Sally's famous recipes include award-winning Salted Caramel Dark Chocolate Cookies, No-Bake Peanut Butter Banana Pie, delectable Dark Chocolate Butterscotch Cupcakes, and yummy Marshmallow Swirl S'mores Fudge. Find tried-and-true sweet recipes for all kinds of delicious: Breads & Muffins Breakfasts Brownies & Bars Cakes, Pies & Crisps Candy & Sweet Snacks Cookies Cupcakes Healthier Choices With tons of simple, easy-to-follow recipes, you get all of the sweet with none of the fuss! Hungry for more? Learn to create even more irresistible sweets with Sally's *Candy Addiction* and Sally's *Cookie Addiction*.

egg vegan baking ingredient: Chloe's Vegan Desserts Chloe Coscarelli, 2013-02-19 Chef Chloe, the first vegan winner of Cupcake Wars, brings her signature creativity and fun to the best part of every meal: Dessert! CHEF CHLOE'S first all-dessert cookbook, *Chloe's Vegan Desserts*, will satisfy your sweet tooth from morning to night with more than 100 recipes for cakes and cupcakes, ice cream and doughnuts and pies—oh my! And you just will not believe these delicious dishes are vegan. You can start the day with New York-Style Crumb Cake, light and zesty Lemon Poppy Seed Muffins, luscious Chocolate Babka, or decadent Tiramisu Pancakes (topped with a dollop of cool Coconut Whipped Cream). Here, too, are more than a dozen inventive, innovative, irresistible cupcake recipes, including Chloe's Cupcake Wars' Award-Winning Chocolate Orange Cupcakes with Candied Orange Peel, saffron- and cardamom-spiced Bollywood Cupcakes, and rich and boozy Chocolate Beer Cupcakes with Irish Whiskey Buttercream. Chloe's got you covered for the holidays with her Easy Apple Pie and Absolutely Perfect Pumpkin Pie, Holiday Trifle, Nuts for Hot Cocoa, and Pumpkin Spice Latte. She re-creates classic desserts and treats from Chocolate Chip Cookies to Classic Crème Brûlée, and veganizes store-bought favorites with her Oreo-style Chloe O's, Pumpkin Whoopie Pies, Animal Cookies, and Black-and-White Cookies—which are better (and healthier) than what you'll find at the grocery store. Chloe also serves up brand-new triumphs like her dreamy Lemon Olive-Oil Cake, Rosemary Ice Cream with Blueberry Sauce, Coconut Cream Pie, Chocolate Cream Pie, Coconut Sorbet with Cashew Brittle, and good-to-the-last-drop milkshakes. Who can possibly resist? Go ahead and lick that spoon—there are no worries when you bake vegan! With gorgeous color photography, clever tips, and a comprehensive section on vegan baking basics to get you started, *Chloe's Vegan Desserts* will be your new vegan dessert bible.

egg vegan baking ingredient: Vegan Keto Liz MacDowell, 2018-10-30 Liz MacDowell

flawlessly delivers the best of two nutritional worlds in her new book, *Vegan Keto*. Her unique approach harnesses the health and weight loss benefits of the ketogenic diet and unites it with the vegan lifestyle. Liz dispels the myth that veganism contradicts the keto diet and offers a template to achieve optimal health and weight loss by eating a ratio of healthy fats and plant-based proteins. The book offers more than 60 recipes that are all free of meat, eggs, and dairy and are keto compliant. Her revolutionary approach emphasizes a nutrient-dense nutrition plan sourced from whole, natural foods that are rooted in healthy fats with plant-based proteins that are lower in carbohydrates. She has created a sustainable model that will enable those living a vegan lifestyle to achieve optimal health, lose weight, and eliminate cravings for inflammatory foods. *Vegan Keto* is complete with full-color photos, four easy-to-follow weekly meal plans, shopping lists, and tips and tricks for getting started and staying on track. Above all, Liz brings a wealth of expertise and invaluable advice derived from real-world experience in her role as a nutrition counselor. Recipes include: Coconut Flour Waffles Lemon Poppy Seed Muffins Spinach & Olive Mini Quiche Cups Green Keto Balance Bowl Mediterranean Zucchini Salad Kelp Noodle Pad Thai Buffalo Jackfruit Tacos Lupini Hummus No-Bake Falafel Chocolate Almond Butter Cupcakes Snickerdoodles Whether your eating plan of choice is vegan/vegetarian, keto-tarian, or keto or you are just someone who loves good food and having a bit of fun in the kitchen, this book has something for you!

egg vegan baking ingredient: *Thug Kitchen 101* Thug Kitchen, 2016-10-11 The creators of the New York Times bestselling cookbook series *Thug Kitchen* are back to deliver you the sorta gentle, but always hilarious shove you need to take the leap into healthy eating. *Thug Kitchen 101* includes more than 100 easy and accessible recipes to give you a solid start toward a better diet. TK holds your hand and explains ingredients from chickpeas to nooch so you'll feel confident knowing exactly what the f*ck you're cooking. This kickass vegan kitchen primer also serves up health benefits and nutrition statistics to remind everyone, from curious newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and our pocketbooks. THAT'S RIGHT. EAT GREEN, SAVE GREEN. So scared of commitment you can't even dedicate some time to cook? *Thug Kitchen*'s here to fix that sh*t: All recipes in TK 101 are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumbled home from work. You're too damn important to be eating garbage, so TK has made it easy to take care of #1: you. No needless nonsense or preachy bullsh*t. Just delicious, healthy, homemade food for all the full-time hustlers out there. *Thug Kitchen* backs up its bluster with good, solid recipes.--New York Times Funny, self-aware, and full of delicious-looking recipes that I want to make right this second.--Epicurious.com F*cking delicious.--Popsugar.com

egg vegan baking ingredient: *The Messy Baker* Charmian Christie, 2014-08-26 Since when did every cookie on the plate have to be just like the next? Or each layer of cake exactly the same height? Each piecrust an impeccable work of art and encircled by stunningly perfect pastry leaves? To the uninitiated, all that fastidious, spotless baking is intimidating, not to mention exhausting. *The Messy Baker* celebrates baking as it happens in the real world--sweet, messy, fun, not always gorgeous, but a way to show love. Which doesn't make it any less delicious; to the contrary, Charmian Christie's flavor combinations rise far above the ordinary. Why have a raspberry galette when you can enjoy a raspberry-rhubarb galette with drippy, unctuous walnut frangipane? Or how about a Brie and walnut whiskey tart? It's all yours without the rigid perfectionism or complicated instructions of other gourmet cookbooks. Christie's warm, irreverent voice brings the fun back into baking at a time when home cooks--pulled from pillar to post by jobs and errands--need to have fun. *The Messy Baker* is a full-service book that not only guides the reader through simple, delicious recipes but is also there to help out when things go wrong. For anyone who gave in frustration when that cake collapsed or the frosting smeared, Christie's practical advice is here to rescue even the worst disaster and inspire the baker to try the next recipe.

egg vegan baking ingredient: *Free for All Cooking* Jules E. Dowler Shepard, 2010-10-26 Offers delicious gluten-free recipes that can also be made free of many major allergen ingredients--dairy, nuts, soy, eggs, and more-- to fit your unique dietary requirements.

egg vegan baking ingredient: *Vegan Cupcakes Take Over the World* Isa Chandra Moskowitz, Terry Hope Romero, 2006-10-17 Vegan legends Isa Chandra Moskowitz and Terry Romero offer vegan-friendly recipes for both classic and innovative cupcakes that dominate the baking world. The authors of *Veganomicon* take on the cupcakes in this sweet and sassy guide to baking everyone's favorite treat entirely clear of animal products. This unique cookbook contains over 50 recipes for cupcakes and frostings with stunning full color photographs. Isa and Terry offer delicious, cheap, egg-free, and dairy-free recipes for standards like Classic Vanilla Cupcakes (with chocolate frosting), Crimson Velveteen Cupcakes (red velvet with creamy white frosting), and Linzer Torte Cupcakes (hazelnut with raspberry and chocolate ganache), as well as innovative Chai Latte Cupcakes (with powdered sugar) and Banana Split Cupcakes (banana-chocolate chip-pineapple with fluffy frosting). The book also includes gluten-free recipes, decorating tips, baking guidelines, vegan shopping advice, and Isa's own cupcake anecdotes. Dessert lovers and vegans rejoice when *Vegan Cupcakes Take Over the World*.

egg vegan baking ingredient: *Vegan Cookies Invade Your Cookie Jar* Isa Chandra Moskowitz, 2010-04 Recipes for classic cookies, fancy cookies, holiday cookies, brownies, blondies, bars, and more.

egg vegan baking ingredient: *The Boy Who Bakes* Edd Kimber, 2011 This is an inspirational guide to baking from the winner of 'The Great British Bake Off 2010'. From the traditional to new twists on old favourites there are recipes to suit all abilities. The book covers cakes, cookies, pastry, desserts, and even ice-creams.

egg vegan baking ingredient: *Aquafabulous!* Rebecca Coleman, 2017-04-28 This book offers 100+ delicious recipes using the water that is drained off neutral-colored beans such as chickpeas, navy beans and cannellini beans to replace eggs. The aquafaba (bean water) mimics the leavening and binding chemical properties of eggs and is neutral in flavor. Perfect for a vegan diet, especially for vegan bakers, as well as anyone who has a dairy and egg allergy.--

egg vegan baking ingredient: *Fuss-Free Vegan* Sam Turnbull, 2017-10-17 Being vegan doesn't have to mean living off kale and quinoa, or spending your money on fancy and expensive ingredients. And it definitely doesn't have to mean feeling limited for choices of what to eat! What if "vegan food" could mean cheesy nachos and pizza, hearty burritos, gooey spinach and artichoke dip, decadent chocolate cake or even crême brûlée? Well, it can. In *Fuss-Free Vegan*, Sam Turnbull shows you that "vegan" does not equal unappetizing dishes, complicated steps, ingredients you have never heard of, or even food that tastes healthy. Instead, she gives you drool-worthy yet utterly fuss-free recipes that will bring everyone together at the table, vegans and non-vegans alike, in a chorus of rave reviews. This is the cookbook Sam wishes she had when she went vegan: one that recreates and veganizes the dishes she loved most in her pre-vegan days, like fluffy pancakes and crispy bacon, cheesy jalapeño poppers and pizza pockets, creamy Caesar salad and macaroni and cheese, rich chocolate brownies and holiday-worthy pumpkin pie, to name just a few. (And there's no hummus recipe in sight.) Say goodbye to searching endlessly around for that one special ingredient that you can't even pronounce, or cooking dishes that don't deliver on their promise of yumminess; instead, say hello to ingredients you can pick up at your local grocery store, step-by-step techniques, and Sam's enthusiastic voice cheering you on throughout this fun, approachable cookbook. With 101 tried-and-tested, one-of-a-kind vegan recipes for every meal, from breakfasts to lunches to dinners, and even snacks, desserts, appetizers and vegan staples, as well as handy menu plans and tips to amp up the recipes and your vegan life, Sam Turnbull and *Fuss-Free Vegan* are your ultimate guides in the new vegan kitchen.

egg vegan baking ingredient: *The Savvy Cook* Izy Hossack, 2017-06-29 'The new Nigella' - The Times 'My aim is maximum flavour for minimum effort, without breaking the bank' - Izy Hossack For those cooking for themselves for the first time, or for anyone who wants the weekly budget to go a bit further without sacrificing flavour, cooking sensation Izy Hossack has all the answers. With features that include menu plans, clever alternatives to meat and giving last-night's leftovers a makeover, *The Savvy Cook* is full of more than 160 nourishing and totally delicious vegetarian

recipes that will be kind to your body, wallet and free-time. It's not about health fads, 'antioxidants' or obscure ingredients. Just honest, nourishing and delicious cooking that will make you glow inside and out! Recipes include Berry Oat Smoothie Boxes, Ricotta Gnocchi with Pesto & Courgettes, Lazy Potato Hash and Lemon Blueberry Drizzle Cake. Each recipe also contains a key, making it easy to spot the vegan, dairy- and gluten-free options. From healthy breakfasts to warming suppers, delicious sweet treats to snacks for sharing, Izy shares her favourite recipes that will make cooking easy for the new cook operating on a tight budget and busy schedule.

egg vegan baking ingredient: Once Upon a Chef: Weeknight/Weekend Jennifer Segal, 2021-09-14 NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of *Once Upon a Chef*. “Jennifer’s recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!”—Gina Homolka, author of *The Skinnytaste Cookbook* Jennifer Segal, author of the blog and bestselling cookbook *Once Upon a Chef*, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn’s recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty minutes, Jenn has you covered.

egg vegan baking ingredient: Isa Does It Isa Chandra Moskowitz, 2013-10-22 Recipes, tips, and strategies for easy, delicious vegan meals every day of the week, from America's bestselling vegan cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30 minutes or less? It's easy! In *Isa Does It*, the beloved cookbook author shares 150 new recipes to make weeknight cooking a snap. Mouthwatering recipes like Sweet Potato Red Curry with Rice and Purple Kale, Bistro Beet Burgers, and Summer Seitan Saute with Cilantro and Lime illustrate how simple and satisfying meat-free food can be. The recipes are supermarket friendly and respect how busy most readers are. From skilled vegan chefs, to those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive.

egg vegan baking ingredient: Sweet Potato Soul Jenné Claiborne, 2018-02-06 100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In *Sweet Potato Soul*, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

egg vegan baking ingredient: Pure Artistry Emily Lael Aumiller, 2016-04-12 At her celebrated bakery Lael Cakes, Emily Lael Aumiller creates stunning special-occasion cakes that are as pleasing to the taste buds as they are to the eye—and they're also all vegan and gluten-free! As more people are becoming aware of their dietary restrictions, Emily's exquisite cakes provide a

solution that leaves everyone happy while dismissing the idea that vegan and gluten-free desserts are by nature unattractive. Pure Artistry includes recipes for staple cakes (like Mexican Chocolate, Lemon-Poppy, and Classic Red Velvet) plus icings and fondant, how-tos on cake construction, and information on necessary ingredients and tools. The truly extraordinary feature of the book is the gorgeous cake designs, which are organized by mood—classical, classical whimsy, modern, and modern whimsy. These teach the reader foundational decorating techniques, like making sugar flowers, while inspiring bakers with photography that is gorgeous enough to stand on its own.

egg vegan baking ingredient: The Mindful Glow Cookbook Abbey Sharp, 2018-12-04 Gold Winner, 2019 Taste Canada Awards - Health and Special Diets Cookbooks Cheeky registered dietitian, food lover, and YouTube star Abbey Sharp is often described as Nigella Lawson in a lab coat. In her debut cookbook she shares fun, satisfying, and unbelievably healthy recipes that will ignite your love affair with food. In over 100 recipes, Abbey shows us how she eats: healthy and nourishing meals that are packed with flavour like PB & J Protein Pancakes, Autumn Butternut Squash Mac and Cheese, Stuffed Hawaiian Burgers, Chicken, Sweet Potato and Curry Cauliflower, Chocolate Stout Veggie Chili, Chewy Crackle Almond Apple Cookies, and Ultimate Mini Sticky Toffee Puddings. Many of her recipes are plant-centric and free of dairy, gluten, and nuts. Others contain some protein-rich, lean beef, poultry, eggs, and dairy, so there are plenty of delicious recipes for every one and every occasion. Featuring gorgeous photography throughout, The Mindful Glow Cookbook is perfect for anyone looking to fully nourish their body, satisfy food cravings, and enjoy every snack, meal, and decadent dessert in blissful enjoyment.

egg vegan baking ingredient: Dreena's Kind Kitchen Dreena Burton, 2021-08-24 “Dreena's Kind Kitchen will prove to be an enduringly popular addition to personal, professional, and community library vegan/vegetarian cookbook collections.” —Midwest Book Review From veteran cookbook author Dreena Burton comes a collection of 100 dependable and delicious plant-based recipes that everyone will love. Dreena Burton has been creating plant-based, whole-food recipes for more than 20 years. Home cooks know they can trust her recipes to turn out great—and to be delicious! Now, she has created this one-stop resource for making kinder, more compassionate food choices, for other beings, for the planet, and for yourself. Whether you need weekly staple meals for your family or want a dish to wow your friends for a special occasion, Dreena's Kind Kitchen has you covered with these reliable, flavorful, and healthy recipes. You'll find a variety of breakfasts, salads and dressings, small bites, soups, entrées, and sweets, including: • Lemon-Poppyseed Muffins • Wow 'Em Waffles • Potato-Cauliflower Scramble • Chipotle Chickpea Fries • White Bean and Corn Chowder • Pressure Cooker Quicken Noodle Soup • Truffle-Salted Nut Cheese • Beyond Beet Burgers • Fiesta Taco Filling • Italian Ratatouille • Holiday Dinner Torte • 1-Minute Pasta Alfredo • Crackle Blender Brownies • Mango Carrot Cake • Heavenly Baklava Dreena also shares a cooking troubleshooting section so you can boost your kitchen skills. With helpful guidance on techniques, time-saving tips, and suggestions for repurposing leftovers into delicious new dishes, this dependable resource will boost your cooking confidence and help you find success in your own plant-powered kitchen.

egg vegan baking ingredient: My New Roots Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction—foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make

homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

egg vegan baking ingredient: The New Artisan Bread in Five Minutes a Day Jeff Hertzberg, M.D., Zoë François, 2013-10-22 The New Artisan Bread in Five Minutes a Day is a fully revised and updated edition of the bestselling, ground-breaking, and revolutionary approach to bread-making--a perfect gift for foodies and bakers! With more than half a million copies of their books in print, Jeff Hertzberg and Zoë François have proven that people want to bake their own bread, so long as they can do it easily and quickly. Based on fan feedback, Jeff and Zoë have completely revamped their first, most popular, and now-classic book, Artisan Bread in Five Minutes a Day. Responding to their thousands of ardent fans, Jeff and Zoë returned to their test kitchens to whip up more delicious baking recipes. They've also included a gluten-free chapter, forty all-new gorgeous color photos, and one hundred informative black-and-white how-to photos. They've made the Tips and Techniques and Ingredients chapters bigger and better than ever before, and included readers' Frequently Asked Questions. This revised edition also includes more than thirty brand-new recipes for Beer-Cheese Bread, Crock-Pot Bread, Panini, Pretzel Buns, Apple-Stuffed French Toast, and many more. There's nothing like the smell of freshly baked bread to fill a kitchen with warmth, eager appetites, and endless praise. Now, using Jeff and Zoë's innovative technique, you can create bread that rivals those of the finest bakers in the world in just five minutes of active preparation time.

egg vegan baking ingredient: The Gentle Chef Cookbook Skye Michael Conroy, 2012-10 Plant-based seitan specialites.

egg vegan baking ingredient: Sweet Laurel Laurel Gallucci, Claire Thomas, 2018-04-03 From LA's trendy bakery comes the new definitive grain-free baking book that makes eating paleo, gluten-free, and dairy-free diets a lot sweeter for home bakers. From the beginning, Sweet Laurel has been about making sweet things simple. The recipes here are indulgent yet healthful. They use just a few quality ingredients to create delicious desserts that benefit your body; all of these treats are paleo, and many are vegan and raw. From Matcha Sandwich Cookies to Salted Lemon Meringue Pie to Classic German Chocolate Cake, these treats are at once uncomplicated, beautiful, and satisfying, made only with wholesome ingredients such as almonds, coconut, cacao, and dates. Here, too, are basic staple recipes to keep with you, like grain-free vanilla extract and vegan caramel, and fancy finishes, like paleo sprinkles and dairy-free ice cream. Whether you're looking for simpler recipes, seeking a better approach to dessert, or struggling with an allergy that has prevented you from enjoying sweets, Sweet Laurel will change the way you bake.

egg vegan baking ingredient: The Little Book of Vegan Bakes Holly Jade, 2022-01-18 Discover how to bake show-stopping, mouth-watering, heart-warming, incredibly delicious vegan cakes and bakes at home with Holly Jade. Recipes range from the simple (Chocolate Orange Fridge Fudge, Cookies and Cream Cupcakes and Peanut Butter Flapjacks) to the more ambitious (Honeycomb Doughnuts, Cherry Bakewell Tartlets and No-bake Biscoff Cheesecake) making this a book for anyone and any ability. Including essential step by step guides to icing and decorating, Holly gives you all the ingredients to take your vegan baking to the next level.

Additional Resources

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asiago parmesan 4.3 123. 310 25: 3.0 5: ...

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Ingredients Contains Fresh baked cookies serving size 1.5 oz / 1 cookie
Oatmeal Raisin enriched wheat flour (wheat, barley, niacin, reduced iron,
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Artisan Baked Goods Nutritional & Ingredient Information ...

Peanut Butter Cookie (Vegan) 80 350 120 14 3 0 0 210 54 1 31 5 Sugar Cookie
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Amateur Athletic Union of the United, 2023-07-18 This handbook is the

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Page 1 of 8 Ingredients List Effective Date: Oct. 12, 2018. Meat/Fish Bacon
Crumble Pork, Water, Salt, Corn Syrup Solids, Sugar, Sodium Phosphate,
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with peanuts,tree nuts, milk & egg. made with vegan ingredients. made in a facility that handles non-vegan ingredients. 10% 1% 4% 8% 3% made with vegan ingredients ingredients: graham ...

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Cheese: Vegan or veggie cheese can be made of several different ingredients, some of which include common allergens, including milk and tree nuts, so always read labels and contact the ...

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