

Nuttelelex™

The healthy alternative

IS DAIRY FREE THE SAME AS EGG FREE?

No. Egg free is different to dairy free.

Likewise, an egg allergy does not mean an allergy to chicken.

According to the Royal Children's hospital hen's egg are one of the most common causes of food allergic reactions in children.

IS NUTTELEX EGG FREE?

Yes, all Nuttelelex spreads are egg free.

COMMON FOODS TO AVOID IN AN EGG-FREE DIET

- Dips; Pizza; Patties, burgers, meatloaf, sausages
- Fresh mousse, custard, ice-cream; sorbet; marshmallow; nougat
- Mayonnaise; horseradish sauce; tatar sauce; bearnaise sauce, hollandaise
- Crumbed and battered products; processed sandwich meats
- Pastries, cakes, doughnuts, biscuits and slices and cake mixes
- Pasta, spaghetti, noodles, Pad Thai, fried rice

POPULAR EGG FREE ALTERNATIVES IN BAKING

1 egg = 1 teaspoon baking powder + 1 tablespoon liquid (water, juice or milk)

1 egg = 1 tablespoon golden syrup

1 egg = 1½ tablespoons water + 1½ tablespoons oil + 1 teaspoon baking powder

1 egg = ¼ cup vegetable oil (if the recipe calls for more than one egg, you will want to try another method as any more vegetable oil may make the recipe too greasy)

NON EGG ALTERNATIVES FOR BINDING INGREDIENTS SUCH AS BATTER

1 egg = ¼ cup mashed potato, pumpkin, banana or apple sauce

EGG REPLACERS VS EGG SUBSTITUTES

There is a big difference between an egg replacement product and an egg substitute. Egg substitutes contain egg protein and are designed for low cholesterol diets. Look for products specifically labeled as a No Egg Replacer as these products are made from ingredients such as potato starch, tapioca flour and vegetable gums and when combined with water can be used in place of egg in baking cakes and muffins.

COOKING TIP:

EGG FREE GLAZE: Some baked recipes such as pies will use egg whites as a glaze before baking, an alternative is to brush with melted Nuttelelex instead.