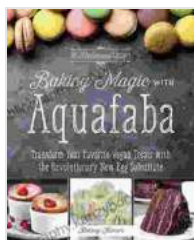


Baking Magic With Aquafaba: Transform Your Pastries Without Eggs



Baking Magic with Aquafaba: Transform Your Favorite Vegan Treats with the Revolutionary New Egg

Substitute by Kelsey Kinser

★★★★☆ 4.2 out of 5

Language : English
File size : 1831 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 144 pages



What is Aquafaba?

Aquafaba is the starchy liquid that is found in canned chickpeas. It is a byproduct of the canning process, and it is typically discarded. However, aquafaba has some amazing properties that make it a great egg replacer in baking.

Aquafaba is high in protein and starch, which gives it a similar consistency to egg whites. When whipped, it can form stiff peaks, which makes it perfect for use in meringues, macarons, and other desserts that require whipped egg whites.

Aquafaba is also a great binder, which makes it a good choice for use in cookies, cakes, and other baked goods. It can also be used as a glaze or frosting, and it can be added to smoothies and other drinks for a boost of protein.

Why Use Aquafaba?

There are many reasons to use aquafaba in baking. First, it is a great way to reduce your consumption of eggs. This is beneficial for people who are allergic to eggs, or for those who are trying to reduce their cholesterol intake.

Second, aquafaba is a very affordable egg replacer. A can of chickpeas typically costs less than \$1, and it yields about 1 cup of aquafaba. This is much cheaper than buying a dozen eggs.

Third, aquafaba is a very versatile ingredient. It can be used in a variety of baked goods, and it can be used in both sweet and savory recipes.

How to Use Aquafaba

Aquafaba is very easy to use in baking. To make an egg replacer, simply drain the aquafaba from a can of chickpeas and whip it until stiff peaks form. You can use this egg replacer in any recipe that calls for eggs.

Here are some tips for using aquafaba in baking:

* Use 3 tablespoons of aquafaba to replace one egg. * Aquafaba can be used in both sweet and savory recipes. * Aquafaba can be whipped into stiff peaks, which makes it perfect for use in meringues, macarons, and other desserts that require whipped egg whites. * Aquafaba is also a great binder, which makes it a good choice for use in cookies, cakes, and other baked goods. * Aquafaba can also be used as a glaze or frosting, and it can be added to smoothies and other drinks for a boost of protein.

Recipes Using Aquafaba

There are many delicious recipes that you can make using aquafaba. Here are a few of our favorites:

* [Aquafaba Meringues](<https://www.aquafabarecipes.com/aquafaba-meringue/>) * [Aquafaba Macarons] (<https://www.aquafabarecipes.com/aquafaba-macarons/>) * [Aquafaba Chocolate Chip Cookies](<https://www.aquafabarecipes.com/aquafaba-chocolate-chip-cookies/>) * [Aquafaba Cake] (<https://www.aquafabarecipes.com/aquafaba-cake/>)

* [Aquafaba Frosting] (<https://www.aquafabarecipes.com/aquafaba-frosting/>)

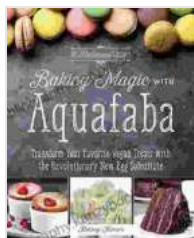
Aquafaba is a revolutionary plant-based egg replacer that is taking the baking world by storm. It is a great way to reduce your consumption of eggs, save money, and enjoy your favorite desserts without compromising on taste or texture. If you are looking for a delicious and versatile egg replacer, then aquafaba is the perfect choice for you.

Get your copy of "Baking Magic With Aquafaba" today:

[Our Book Library](https://www.Our Book Library.com/Baking-Magic-Aquafaba-Transform-Pastries/dp/1953227013)

[Barnes & Noble](https://www.barnesandnoble.com/w/baking-magic-with-aquafaba-kaity-teague/1140034760)

[IndieBound](https://www.indiebound.org/book/9781953227013)



Baking Magic with Aquafaba: Transform Your Favorite Vegan Treats with the Revolutionary New Egg

Substitute by Kelsey Kinser

★★★★☆ 4.2 out of 5

Language : English
File size : 1831 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 144 pages





Ophie's Ghosts: A Haunting and Heartbreaking YA Debut

Ophie's Ghosts is a powerful and moving YA debut from award-winning author Justina Ireland. The novel tells the story of Ophie, a young black girl...



The Essential Guide and Simple Recipes for Crafting Divine Loaves with Your Bread Machine

Immerse Yourself in the Art of Home Baking Bread, a culinary staple enjoyed for centuries, holds a special allure for those who appreciate the warmth and nourishment it...