

👍 Ey like it vegan



My recipe book for pastries & biscuits



AMARETTI



COCONUT KISSES



POPPY BISCUITS WITH MYEY LIQUEUR



MERINGUE "WIND RINGS"



NUT BARS

Many thanks

Many creative minds have contributed to the creation
of this recipe series.

Many thanks to all who enrich the world with their contemporary vegan dishes
and thus make it a bit better.

Enjoy your meal



MyEy recipe book

A real egg replacer- in the present day kitchen indispensable. A universal kitchen and baking aid for shape, color and taste. But how is a modern, health-conscious person supposed to be able to enjoy the traditional egg dishes without an animal egg? Quite simply - with MyEy, the real plant-egg!

MyEy combines the whole range of baking and cooking properties - from foamed masses, baking, loosening to the right vegan egg dishes like scrambled eggs and fried eggs (sunny side up). MyEy is not only free from cholesterol and animal fats, but also soy-free and VEGAN-certified and ORGANIC-certified.

MyEy is experiencing a steadily growing interest, because some dishes could not be prepared vegan until recently. Through this worldwide uniqueness, MyEy has been awarded the Peta Progress Award in 2014 as a "trend-setting and exemplary company" with its "advanced products for an ethical lifestyle".

Let yourself be seduced by MyEy's kitchen variety and conjure up delicious, traditional dishes with the simple recipes especially designed for MyEy. Have fun while cooking. MyEy makes it possible - Ey like it!

Cooking and baking with MyEy

Everything binds, somehow. And some things are referred to simply as "egg substitutes", even conventional ingredients, which often only share one property with eggs or are only slightly similar. Perhaps banana may give the ice cream a certain suppleness, apples may prolong the preservation, chia or linseed may give dishes a longer structure by virtue of viscosities, but does that qualify them as egg substitute?

Probably hardly, because of a real egg replacer is expected to cover the whole range of functionality. So it is not only important to have very good binding properties, a powerful color spectrum and a classic harmonic taste, but also, especially for the animal egg typical full foaming properties - only then it is a real plant egg - like MyEy!



as:

SOUPS & STARTERS



SEMOLINA DUMPLING



SPINACH BRUSCHETTA



NAPKIN DUMPLING



VEGAN SCRAMBLED EGGS ON TOAST



SCHOEBERL WITH SMOKED TOFU

MAIN COURSES & SIDE DISHES



POTATOES CORDON BLEU



SPICY VEGAN EGG OMELETTE



WILD GARLIC-KNOEPFLI



CELERY SCHNITZEL



SPAETZLE (CHEESE NOODLES)

SPECIALS & CLASSICS



LEMON CURD



VEGAN EGGS SUNNY SIDE UP



MYEY LIQUEUR



CARNIVAL DONUTS



SAUCE HOLLANDAISE

Cakes & pies



Cookies & pastries



Desserts & sweeties



plant egg

(Lat. In vegetabili ovum)



recommended by chickens*

* also by bakers, confectioners, doctors, sportsmen and enthusiastic cooks

sweet & sinful

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Recipe for about 520 g light nougat

Light nougat

This delicious candy succeeds with a little patience and a pinch of kitchen delight



Preparation:

Roast the almonds and hazelnuts, add the pistachios and roast for another 2 minutes. Allow to cool, put in a cloth and with constant rubbing remove the skin.

Mix the MyEy Eyweiß (egg white replacer) with water and salt and whisk with a mixer. While stirring, add 20 g of sugar to the foam mass and stir again for 2 minutes. Put 250 g of sugar, agave syrup, and water into a small pot. Allow to melt at medium heat with occasional stirring until the liquid becomes homogeneous. Then place the sugar thermometer in the sugar syrup and heat the syrup to 143°C at maximum heat. While stirring, pour the hot syrup into the foam mass. Add the vanilla sugar and continue to stir the sugar mass for 20 minutes. Quickly mix the nuts mixture into the light nougat mixture.

Immediately pour into a form lined with baking paper, cover with another sheet of baking paper, flatten and allow to cool. Cut the finished nougat into bite-sized pieces and, if desired, glaze one side with a chocolate glaze.

Ingredients:

80 g of whole almonds with skin	270 g of sugar or light cane sugar
80 g of whole hazelnuts with skin	
50 g of whole pistachios, unsalted	sugar thermometer
5 g of MyEy Eyweiß (egg white replacer) with 25 g of water	150 g of agave syrup
1 pinch of salt	50 ml of water
	1 tsp. of vanilla sugar

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Recipe for approx. 90 nut bars

Nut bars

An absolute Christmas classic – now also possible with MyEy



Preparation:

For the dough, mix margarine, sugar and MyEy EyGelb (egg yolk replacer) until fluffy. Then slowly mix in the rice milk. Mix in the flour. Spread the mixture on a baking sheet covered with baking paper (preferably with a baking frame that covers 3/4 of the sheet), using a damp cake lifter. Preheat the oven to 180°C top and bottom heat.

Mix MyEy EyWeiß (egg white replacer) with water in a clean, grease-free, high mixing vessel until it is lump free. Add a pinch of salt. Mix with a hand mixer at the maximum level, keeping the blender jar at a slight angle to allow more air to be whisked into the mixture. Once the MyEy Ey meringue reaches the wished consistency, add a pinch of baking soda and whisk thoroughly. Now add the sugar and the bourbon vanilla sugar. Continue mixing with the hand mixer on the highest level. Now spread the Ey meringue on the unbaked cake bottom. Sprinkle the chopped walnuts over it and bake for 15-20 minutes.

Cool it, cover it with the melted glaze, let it set a little. Cut the pastry with a sharp knife. When the chocolate is completely firm, keep it in a sealed container with butter paper.

Ingredients bottom:

240 g of margarine, soft, chopped

240 g of organic cane sugar

210 g of wholemeal spelt flour

210 g of spelt white flour

50 ml of rice milk

5 g of MyEy EyGelb (egg yolk replacer)

approx. 150 g of chocolate glaze, dark

Ingredients nut cover:

170 g of walnuts, chopped

30 g of fine-grained sugar

15 g of MyEy EyWeiß (egg white replacer) + 75 g of water

½ tsp. of bourbon vanilla sugar

1 pinch of salt

1 pinch of baking soda

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Recipe for about 55 Amaretti (almond-liqueur-flavoured cookies)

Amaretti

The scent of almonds in Italian Amaretti



Preparation:

Whisk the water with MyEy EyWeiß (egg white replacer) and salt in a larger, high, clean and fat-free blender jar while keeping the blender jug always at an angle to allow more air to be whisked into the mixture. Once the MyEy Ey meringue reaches the wished consistency, add a pinch of baking soda and mix a little longer until the MyEy meringue is firm. Slowly add the sugar, then add the vanilla sugar and whisk until the mass becomes thick. Mix the flour with the carob kernel flour, sieve it on the MyEy meringue, then add the grated almonds, and fill them in together with the Amaretto by hand with a whisk. Allow the mass to dry for about 15 minutes and then form balls with slightly moistened hands (approx. 7 g of dough per ball). Place them on a baking sheet covered with baking paper. Bake them in the preheated oven at 140°C by top and bottom heat for about 30 minutes.

Allow the amaretti to cool on the baking sheet and then peel them off the baking paper with a baking scraper. Keep the Amaretti in a well closed biscuit box.

Tip: Amaretti aren't just a Christmas pastry, but as they are served in Italy, are perfectly paired with espresso or just as a cake garnish.

Ingredients:

- 170 g of almonds, fine grated
- 170 g of fine-grained sugar
- 50 g of spelt white flour
- 1 tbsp. of bourbon vanilla sugar
- 10 g of MyEy EyWeiß (egg white replacer) + 50 ml of water, cold
- 25 ml of Amaretto
- 1 tsp. of carob kernel flour
- 1 pinch of salt, 1 pinch of baking soda

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Recipe for about 60 small cinnamon stars

Cinnamon stars

A traditional pastry with meringue



Preparation:

For the almond dough: Put water, MyEy EyWeiß (egg white replacer) and salt to a narrow, high, fat-free and clean mixing vessel. Start mixing and keep the blender jug always at a slight angle to allow more air to be whisked into the mixture. Once the MyEy Ey meringue reaches the wished consistency, add a pinch of baking soda and continue to beat until the Ey meringue is very firm. Slowly add the powdered sugar and continue to mix as described above, until a thick mixture has formed. Now mix the cinnamon, the vanilla and the ground almonds, and knead the firm dough by hand. Roll out the dough between two cling films and flatten to a thickness of 1 cm. Peel the top film layer off, cut out small stars with a cookie cutter, and place on a baking sheet covered with baking paper.

Preheat the oven to 140°C hot air. Now prepare a MyEy meringue for the sugar glaze as described above and then stir in the orange oil. Glaze the cinnamon stars with this spreadable meringue glaze about 2 mm thick and bake for 15 minutes.

Tip: Keep the cold cinnamon stars in a closeable box for cookies.

Ingredients almond dough:

400 g of almonds, unpeeled, finely ground
140 g of powdered cane sugar
50 g of water, cold
10 g of MyEy EyWeiß (egg white replacer)
3 tsps. of cinnamon, ground
1 tsp. of bourbon vanilla
1 pinch of salt
1 pinch of baking soda

Ingredients meringue glaze:

40 g of water, cold
8 g of MyEy Eyweiß (egg white replacer), 80 g of powdered cane sugar, 1 pinch of salt
1 pinch of baking soda

optional:

5 drops of ethereal orange oil

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Cantuccini

✓ VEGAN ✓ SOY FREE

Recipe for about 60 Cantuccini

The noble almond biscuit from Tuscany – especially fine with MyEy!



Ingredients:

260 g of spelt white flour
170 g of granulated sugar
160 g of almonds, roasted, whole
2 tbsp. of bourbon vanilla sugar
grated lemon zest of 1 lemon
1 1/2 tsps. of baking powder
10 g of MyEy EyWeiß (egg white replacer) + 50 g of water, cold
8 g of MyEy VollEy (whole egg replacer) + 40 g of water, cold
1 pinch of salt, 1 pinch of baking soda

Preparation:

Mix MyEy EyWeiß (egg white replacer) with water and a pinch of salt in a high, fat-free blender jar while keeping the blender jar slightly at an angle to allow more air to be whisked into the mixture. Once the MyEy Ey meringue reaches the wished consistency, add a pinch of baking soda. Then slowly add 100 g of sugar while stirring until the Ey meringue mass becomes thick.

Whip the MyEy VollEy (whole egg replacer) with water as you did before with the MyEy EyWeiß (egg white replacer) in a high, fat-free blender jar while keeping the blender jar slightly tilted to allow more air to enter.

When the mass begins to foam, add 70 g of sugar and the vanilla sugar and mix until the mass thickens. In a separate bowl, mix the spelt white flour with the baking powder, add the lemon zest. Mix both of the foam mixtures in, then knead the dough. Finally add the roasted almonds. Pour some flour on the dough pad, briefly knead the dough again, cut into four parts and shape them into four bars of about 30 cm in length. Place them on a baking sheet covered with baking paper and slightly flatten them. Bake in the preheated oven at 180°C by top and bottom heat for about 20 minutes until they are slightly browned.

While the Cantuccini are still hot, cut them into about 1.5 cm thick slices. Let them continue to brown by bake again with a cut side up at 180°C for 7-10 minutes.

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Meringue "wind rings"

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Recipe for approx. 24 meringue "wind rings"

A Christmas treat for young and old!



Ingredients:

- 125 g of water, cold
- 30 g of MyEy EyWeiß (egg white replacer)
- 300 g of fine-grained sugar or fine grained cane sugar
- 1 pinch of salt
- 1 pinch of baking soda

Optional:

- food color
- sugar sprinkles
- chocolate glaze, dark

Preparation:

In a clean, non-greasy, high mixing vessel, mix MyEy EyWeiß (egg white replacer) powder with water until it is lump-free. Add a pinch of salt. Whisk with the hand mixer at maximum level, keeping the blender jar always at an angle to allow more air to be whisked into the mixture. Once the MyEy Ey meringue reaches the wished consistency, add a pinch of baking soda. Now let the sugar trickle into the mixture, while continuing to mix the mass with the hand mixer on the highest level. When the whole sugar is stirred in, the foam mass should be firm. Fill the MyEy meringue in a pastry bag with a large star spout. Squirt the mixture in ring-form onto a baking sheet covered with baking paper. Allow the rings to air dry for about 30 minutes.

Bake in the preheated oven at 70°C by circulating air. This takes at least 2-3 hours (depending on the size of the wind rings) until they are completely dry and no longer sticky.

Tip: The "wind rings" can be dyed with food color and / or sprinkled with colorful sugar sprinkles. Likewise, they can be dipped with the underside in chocolate.

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Recipe for about 12 large gingerbread men

Gingerbread men

A bunch of tasty vegan guys - or would you rather use them as Christmas decoration?



Preparation:

Heat the water and dissolve sugar in it, add margarine, agave syrup and sugar beet syrup. Mix the flour varieties with the gingerbread spices, baking powder and baking soda, mix them into the liquid ingredients and knead thoroughly. Store the dough at least overnight in a sealed container (it can also be stored for up to one week in the refrigerator). Roll out the dough with some flour about 8-10 mm thick, cut little men out of the dough. Place them on a baking sheet covered with baking paper (make sure there is enough space between the gingerbread men) and brush them with some plant milk. Bake in the preheated oven at 180°C by top and bottom heat, do not bake too dark.

First let the gingerbread men cool on the baking tray, then place them on a cake rack. Mix MyEy EyWeiß (egg white replacer) with water and a pinch of salt in a high, fat-free mixing vessel while keeping the blender jar always at an angle to allow more air to be whisked into the mixture. Once the MyEy Ey meringue reaches the wished consistency, add a pinch of baking soda. Now trickle in the sugar. At the beginning mix it in rather slowly and then progress to the highest mixing level. When all the sugar is stirred in, the mass should be firm.

Dress the glaze as usual or coat the gingerbread with it. Decorate. Let the gingerbread air dry until the glaze is firm.

Ingredients gingerbread:

325 g of wheat flour
25 g of MyEy VollEy (whole egg replacer)
250 g of rye flour
300 g of agave syrup
100 g of sugar beet syrup
100 g of water
100 g of organic raw sugar
60 g of margarine
1 tbsp. of gingerbread spice
1 tbsp. of baking soda
½ tbsp. of baking powder

plant cream for glazing

Ingredients MyEy glaze:

150 g of fine-grated sugar
50 g of water, cold
10 g of MyEy EyWeiß (egg white replacer)
1 pinch of salt
1 pinch of baking soda
food color, vegan
sugar sprinkles, vegan

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Poppy biscuits wit MyEy liqueur

Recipe for approx. 45 biscuits

Not only delicious, but also a treat for the eyes!



Ingredients shortcrust:

300 g of wholemeal spelt flour
200 g of margarine
160 g of organic cane sugar
120 g of gray or blue poppy seeds
1 tbsp. of bourbon vanilla sugar
1 knife tip of baking powder
60 ml of MyEy liqueur, vegan
(according to recipe)

Ingredients MyEy liqueur filling:

250 ml of almond milk
100 ml of MyEy liqueur
(according to recipe)
100 g of margarine
50 g of fine-grained sugar
30 g of vanilla pudding powder

powdered sugar for sprinkling

Preparation:

Mix the flour, sugar and baking powder with the crushed margarine. Add the remaining ingredients, quickly knead by hand to a homogeneous dough. Let the dough rest in the refrigerator for about 1/2 hour. Mix approx. 1/3 of the almond milk with vanilla pudding powder. Bring the remaining almond milk and sugar to a boil. Then add the pudding powder mixture while constantly stirring and let it thicken. Now gradually stir in the MyEy liqueur and the margarine, cover with foil and let it cool. Roll out the shortcrust dough. Cut out half into 2-3 mm thick circles and the other half into same sized circle with a hole (or heart).

Preheat the oven to 170°C by hot air. Place the biscuits on a baking sheet covered with baking paper and bake for about 6-7 minutes until they are golden yellow. Once baked, cover the tops hot with powdered sugar and allow the biscuits to cool. Now spread about 3/4 teaspoon of the finished filling in the middle of the closed circles (bases) (not to the edge) and then place the tops on it.

Bake the biscuits just before Christmas and store them in a refrigerator in a sealed container.



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✓ VEGAN ✓ GLUTEN FREE ✓ SOY FREE
Recipe for approx. 50 coconut kisses

Coconut kisses

A coconut dream: inside juicy - outside crunchy and fluffy



Photo / (original) recipe: Heidemarie Reebberger

COCONUT KISSES

MyEy

Ingredients:

200 g of coconut flakes
200 g of fine-grained sugar
100 ml of water
20 g of MyEy EyWeiß (egg white replacer)
1 tsp. of lemon juice
1 knife tip of of baking soda
1 knife tip of cinnamon
3 drops of bitter almond flavor

Optional:

chocolate glaze, dark

Preparation:

In a clean, non-greasy, high blender jar, stir the MyEy EyWeiß (egg white replacer) powder with water until lump-free, add a pinch of salt. Continue mixing with a hand mixer for a few minutes. Keep the blender jar always at angle to allow more air to be whisked into the mixture. Once the MyEy Ey meringue reaches the wished consistency, add a pinch of baking soda. Now trickle in the sugar. At the beginning, mix it slowly and then progress to the highest mixing level. When all the sugar is stirred in, the mass should be firm, as we are accustomed to in a meringue mass. Now stir in lemon juice, cinnamon and bitter almond flavor. Mix in the coconut flakes by hand. Lay out the baking tray with baking paper. Form macaroons with two teaspoons (help the molding process by forming with your hands if needed).

Bake the macaroons in the preheated oven at 120°C by top and bottom heat for approx. 35 min. Allow the macaroons to cool slightly and then remove from the baking sheet.

Tip: Coconut macaroons need some time to fully develop their taste (they taste best after a few days). Keep in a closed can. To soften them add an orange or tangerine. The underside of the coconut kisses can also be dipped into dark chocolate glaze.

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Recipe for 35 medium sized pieces

Filled puff pastry rolls

Puff pastry rolls filled with MyEy meringue



Preparation:

Preheat the oven to 200°C top and bottom heat. Spread out the chilled puff pastry. Cut along the broad side into strips of approx. 3 cm with a dough wheel. Form the rolls by wrap around the greased cylinder mold with dough strips (one piece each) approximately 1/3 overlapping. Wrap slightly obliquely around the roller. Place the cylinder mold, with the end piece to the bottom of a baking sheet covered with baking paper. Spread a mixture of rice cream and 2 tsps. of sugar on the rolls. Bake the foam rolls until they are golden brown. Allow them to cool slightly, then gently push them off the roller and allow them to cool completely on a cake rack.



Whisk MyEy EyWeiß (egg white replacer) with 100 g of water and a pinch of salt in a larger, high, clean and fat-free blender jar while keeping the blender jar always slightly inclined to allow more air to be whisked into the mixture. Once the MyEy meringue reaches the wished consistency, add a pinch of baking soda and slowly add 70 g of sugar and continue to beat. Bring 300 g of sugar with 100 g of water and agar agar to a boil and stir until the sugar has dissolved. Now "spin" the sugar through further simmering another 10 minutes after the boiling point. Stir the still hot mixture very slowly into the whisked MyEy meringue while constantly stirring. Again, hold the blender jar at an angle. Allow the mass to cool slightly and then fill it with the help of a pastry bag in the foam rolls.

Ingredients Filling:

370 g of fine-grained sugar
200 g of water, cold
20 g of MyEy EyWeiß (egg white replacer)
1/2 tsp. of agar agar
1 pinch of baking soda, 1 pinch of salt

margarine for the cylinder mold,
2 tbsps. of rice cream
2 tbsps. of whole cane sugar

Other ingredients:

2 pkgs. of vegan puff pastry



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Chocolate whoopie pies with peanut cream

✓ VEGAN ✓ SOY FREE

Recipe for approx. 7 whoopie pies

The flour-based hit from the US



Ingredients whoopie pies:

230 g of spelt white flour
200 ml of plant milk
170 g of organic cane sugar
125 g of margarine, warm
40 g of cocoa powder, dark
15 g of MyEy VollEy (whole egg replacer)
1 tbsp. of lemon juice
1 tsp. of weinstone baking powder

Ingredients peanut cream:

200 ml of plant cream, whippable, chilled
100 g of organic peanut butter
90 g of organic cane sugar
40 g of cocoa butter chips
1 pkg. of cream stiffener

Optional:

chocolate glaze
peanut pieces

Preparation:

Mix flour with cocoa powder, baking soda and baking powder. Mix the plant milk with the lemon juice. Beat the margarine fluffy, add the sugar, stir for a few minutes and finally stir in the MyEy VollEy (whole egg replacer) powder. Mix the flour mixture and the plant milk alternately under the fluffy margarine mixture with the blender. Cover the baking sheet with baking paper. Place the dough on the baking tray with a help of an ice scoop with lever mechanism with a very large distance between the scoops (the dough spreads out). The resulting dough balls should be even and round so that the whoopie pies later are evenly round.

Bake in a preheated oven at 170°C by top and bottom heat for about 18 minutes, allow them to cool slightly, then allow them to cool completely on a cake rack. For the peanut cream, whip the plant cream with the cream stiffener until stiff. Heat the cocoa butter at a low temperature, allow to cool slightly and then stir it with the cane sugar into the peanut butter. Now stir the beaten plant cream in portions into the peanut butter mix.

Pour the finished peanut cream into a pastry bag with a large, smooth spout. Place the cream in a helical shape from the outside to the inside in the inner 2/3 of a whoopie pie bottom. Put another whoopie pie piece on a top and press gently. If desired – glaze and sprinkle with peanut pieces.

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Recipe for a square form approx. 25x26 cm

Chewy chocolate walnut brownies

Pure chocolate and walnuts in really chewy brownies



Preparation:

Finely chop 150 g of the walnuts and finely ground 50 g of the walnuts. Melt margarine and 200 g of chocolate at a low temperature in the water bath, stir and allow to cool slightly.

Whisk MyEy VolIEy (whole egg replacer) with water in a larger, high, clean and fat-free blender jar, while keeping the blender jar always slightly inclined, in order to blow more air the mixture. Once the MyEy foam mass reaches the wished consistency, add the baking soda, and then slowly add 200 g of sugar and vanilla sugar. Continue to whisk. Now stir the cooled chocolate-margarine mass spoon by spoon into the MyEy foam mass. Stir again with the mixer. Add the silk tofu spoon by spoon. Mix everything together. Mix the flour with the starch and the baking powder and sieve. Mix in the ground walnuts by hand in the brownie mass, as well as 80% of the chopped nuts. Fill the dough into the greased spring form, spread out smoothly, sprinkle with the chopped chocolate, press the chocolate into the dough with a skewer and cover with the remaining walnuts. Now bake in the preheated oven at 180°C by top and bottom heat about 35-40 min. The brownies should still be sticky.

Tip: Brownies shouldn't be baked too hot or too long, otherwise they are no longer "chewy"!

Ingredients:

- | | |
|---|----------------------------------|
| 200 g of chocolate, dark | 50 g of chocolate, chopped, dark |
| 200 g of fine-grained sugar | 30 g of cornstarch |
| 200 g of spelt white flour | 1 tbsp. of bourbon vanilla sugar |
| 200 g of walnuts (50 g thereof ground) | 1 tsp. of baking powder |
| 120 g of water, cold + 25 g of MyEy VolIEy (whole egg replacer) | ½ tsp. of baking soda |
| 100 g of silk tofu | 1 pinch of salt |
| 100 g of margarine | margarine for the form |

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Carnival donuts

✓ VEGAN ✓ SOY FREE

Carnival donuts for 16-20 persons

What is carnival without Donut with good jam filling?



Preparation:

Mix the yeast with 100 ml of lukewarm milk and stir in 150 g of flour to make the pre-dough. Sprinkle with some flour and allow to rest in a warm place for about 25 minutes. Mix MyEy with water and sugar and add to the pre-dough. Add melted margarine, milk, flour and salt and knead until smooth. Cover and leave it to rest for another 25 minutes. Use the dough to shape to 20 balls. Press them slightly flat and let them rest another 45 minutes until the balls are twice as large.

Heat oil to 170°C. Bake the donuts golden yellow on both sides, remove with a skimmer and let drain. Fill the balls with the help of a pastry bag with jam, dust with powdered sugar before serving.

Ingredients:

500 g of wheat flour
1 cube of yeast
50 ml of plant milk
60 g of margarine
14 g of MyEy EyGelb (egg yolk replacer)
10 g of MyEy EyWeiß (egg white replacer)
117 ml of water
50 g of powdered sugar

25 g of jam
1 pinch of salt
oil for baking
pastry bag

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Recipe for 2 sheets

Neukircher hearts

A tender short pastry filled with apricot jam



Preparation:

Stir MyEy EyGelb (egg yolk replacer) with water in a bowl with the help of a whisk. Mix the powdered sugar or the finely ground xylitol in a large bowl together with flour, vanilla sugar, salt, lemon zest and the stirred MyEy Eygelb (egg yolk replacer) until the mass becomes a thick. Add the cold margarine in pieces and knead everything to a smooth dough. Roll the dough out thinly. Cut out the hearts and place them on a baking tray covered with baking paper.

Bake in a preheated oven at 180°C (160 ° C by circulating air) for approx. 8-10 minutes. Allow the biscuits to cool completely. Mix the apricot jam with water. Spread an half of the hearts on the bottom with apricot jam. Place a second heart with the bottom on it.

Finally, coat the hearts on the top with aqueous apricot jam. Allow the cookies to dry overnight.

Ingredients:

7 g of MyEy EyGelb (egg yolk replacer)
30 g of water
300 g of flour
100 g of powdered sugar or xylitol, ground
2 pkgs. of vanilla sugar or 1 tsp. of vanilla essence
1 pinch of salt

a little lemon zest, grated / 200 g of margarine

For spreading:

50 g of apricot jam
20 g of water

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Recipe for 2 baking sheets

Cinnamon stars

Very beloved not only for Christmas



Preparation:

Put MyEy EyWeiß (egg white replacer), salt and water to a high, fat-free and clean mixing vessel. Whip for approx. 10 minutes, until MyEy meringue reaches the wished consistency. Sieve powdered sugar in portions into the meringue, stir gently and take 6 tbsps. of it for the glaze-cover and put into the fridge.

Add vanilla sugar, cinnamon, cocoa powder and almonds to the meringue and stir until the dough is no longer sticky. Put the dough between two baking papers, flatten and put into the fridge for 1 h.

Roll out the dough between two baking papers to a thickness of 1 cm. Cut out small stars with a cookie cutter. From time to time press the cookie cutter into powdered sugar, so that the dough doesn't stick on it.

Place the stars on a baking sheet covered with baking paper. Now glaze with the chilled glaze. Preheat the oven and bake 20-25 minutes by 140°C (130°C by circulating air).

Ingredients:

- 15 g of MyEy EyWeiß (egg white replacer)
- 75 ml of water
- 1 pinch of salt
- 250 g of powdered sugar
- 1 pckg. of vanilla sugar
- 1 tsp. of cinnamon
- 1 tsp. of cocoa powder
- 350 g of almonds, ground

Chocolate meringues

Chocolate meringues from Lake Constance



CHOKOLATE MERINGUES

Ingredients:

Chocolate biscuits with almonds:

20 g of MyEy EyWeiß (egg white replacer)
 100 ml of water
 250 g of powdered sugar
 200 g of almonds, grounded
 2 level tbsps. of cocoa powder

Chocolate biscuits with chocolate:

20 g of MyEy EyWeiß (egg white replacer)
 100 ml of water
 250 g of powdered sugar
 100 g of chocolate, dark, grated
 4 level tbsps. of cocoa powder

Preparation:

Chocolate meringues with almonds:

Preheat oven to 150°C (130° by circulating air). Cover 2 large baking trays with baking paper. Place MyEy EyWeiß (egg white replacer) and water in a bowl and mix with a kitchen mixer. Whip (about 10 minutes) until you can see a knife cut. Mix in the powdered sugar in about 4 servings with the stirrer until the EyWeiß (egg white replacer)-sugar mass drops thickly from the spoon and shines. Carefully fold in the almonds and the cocoa with a kitchen spatula. The mass should quickly be applied to the baking tray in small, circular cubes of about 2 cm in diameter, using a teaspoon. Decorate at will with almond flakes or chocolate chips. Leave aside for 15-20 minutes. Bake for 20 to 25 minutes until the meringues are just firm.

Chocolate biscuits with chocolate:

Preheat oven to 150°C (130°C by circulating air). Cover 2 large baking trays with baking paper. Place MyEy EyWeiß (egg white replacer) and water in a bowl and mix with a kitchen mixer. Whip (about 10 minutes) until you can see a knife cut. Mix in the powdered sugar in about 4 servings with the stirrer until the EyWeiß (egg white replacer)-sugar mass drops thickly from the spoon and shines. Carefully fold in the chocolate and the cocoa with a kitchen spatula. Quickly put the mass on the baking tray with the help of a teaspoon in small circular cups of about 2 cm in diameter. Decorate with sprinkles. Bake for 35 to 40 minutes until the chocolate meringues are just firm.



May all beings be happy

What is your favorite MyEy-recipe?

Send us your favorite MyEy recipe to info@myey.info and be part of the next recipe book and win 3x2 MyEy!

Zusendung: info@myey.info Betreff: „Mein MyEy Lieblingsrezept“

MyEy makes it possible!



Organic-content at least 75 %

VolIEy

The whole egg replacer.
Always universally applicable.
For sauces, creams, cakes,
breadcrumb coating etc.



Organic-content at least 75 %

EyWeiB

Full foam and elasticity.
If it should be really fluffy. Foam
masses for meringue, wind rings,
foam rolls, angels' kisses and
much more.



Organic-content 100%

EyGelb

Strong in color,
strong in taste. For sunny side up
or if a full natural color or a spicy
note should enrich your dish.



whippable



VEGAN-certified



ORGANIC-certified



The original from Austria - Available in the well-stocked
specialist trade
www.MyEy.info / info@MyEy.info