

👍 Ey like it vegan



My recipe book for desserts & sweets



RASPBERRY DREAM



SCHEITERHAUFEN



MOUSSE AU CHOCOLAT



LEMON MERINGUE DESSERT



PUNCH CAKE

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

✓ VEGAN ✓ GLUTEN FREE ✓ SOY FREE

Recipe for a 1.5l ice cream machine

A sorbet from melon and lemon

Fruity and creamy as in Italy



Ingredients:

- 400 g of pure melon pulp
- 200 ml of lemon juice
- 100 g of agave syrup
- 70 g of fine-grained sugar
- 50 g of water
- 10 g of MyEy EyWeiß (egg white replacer)
- 2 tsps. of carob kernel flour
- 1 pinch of baking soda

Preparation:

Whisk the water with MyEy EyWeiß (egg white replacer) in a larger, high, clean and fat-free blender jar while keeping the blender jar at a slight angle to allow more air to be whisked into the mixture. When the foam mass begins to solidify, add a pinch of baking soda and slowly add 70 g of sugar, continue to whisk.

Pour the remaining ingredients together in the mixer afterwards. Manually fold in the foam mass. Fill the ice mass into the ice machine and prepare according to the ice machine manufacturer. Fill the finished ice into a sealable container, smooth it out, cover it with a piece of baking paper and re-freeze it in the freezer for 30-60 minutes.

Tip: Fruit sorbet can be made from many different types of fruit. Best suited for this purpose are very watery fruits. Sorbets can also be produced from pure juices, flavor extracts and syrups. The carob kernel flour ensures that no ice crystals are produced, MyEy EyWeiß (egg white replacer) gives the sorbet the fluffiness without danger of salmonella! If the sorbet is frozen for a longer time, it should be thawed before

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Recipe for 4 persons

Lemon meringue dessert

A light finish after a rich main dish



Ingredients:

60 g of vegan whole-wheat biscuits

For the lemon cream:

200 ml of plant milk
40 g of agave syrup
1 tbsp. of starch
20 g of MyEy EyGelb (egg yolk replacer)
lemon zest of 1 lemon
juice of 1 lemon

For the meringue:

15 g of MyEy EyWeiß (egg white replacer)
75 ml of water
1 pinch of salt
150 g of powdered sugar

Preparation:

Thoroughly crumble the whole-wheat biscuits and spread them on the glasses. For the lemon cream, heat all the ingredients except the starch in a pot. Stir occasionally. Meanwhile stir the starch with 3 tbsps. of plant milk, then add to the pot. Allow to boil with constant stirring until the liquid thickens.

Let the lemon cream cool briefly then distribute the cream in the glasses on top of the biscuits. For the meringue topping put MyEy EyWeiß (egg white replacer), salt and water in a bowl and beat for 10 minutes with a mixer. Add the powdered sugar slowly and stir for a further 5-10 minutes until the mass is fluffily stiff.

Layer it on the lemon cream and serve.



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✔ VEGAN ✔ GLUTEN FREE ✔ SOY FREE
Recipe for a 1.5l ice cream machine

Homemade vanilla ice cream

Creamy and fluffy must be an ice cream dream!



Preparation:

Whip water with MyEy VollEy (whole egg replacer) in a larger, high, clean and fat-free mixing vessel, while keeping the blender jar always slightly inclined to allow more air to enter. When the foam mass begins to solidify, add a pinch of baking soda and then slowly add 100 g of sugar, continue to whip. Scrap out vanilla pods, add the vanilla pulp into the plant milk, as well as the remaining sugar and the carob kernel flour. Bring the milk to a boil while occasionally stirring. Now stir in the almond butter and lastly fold in the MyEy foam mass and the plant cream.

Fill the mixture into the ice machine and use according to the ice machine manufacturer (it may be very full, because the mixture is very frothy, but will depose slightly). Fill the finished ice cream into a sealable container, smooth it out, cover it with a piece of baking paper and re-freeze it in the freezer for 30-60 minutes.

Tip: The ice cream is a great base for ice cream-desserts such as hot love, banana split, coupe Denmark or just to be enjoyed on its own. If it is frozen for a longer time, let it thaw before serving.

Ingredients:

- 350 ml of plant milk (one bright, sweet variety)
- 200 ml of plant cream
- 200 g of fine-grained sugar
- 100 g of light almond butter
- 125 g of water
- 25 g of MyEy VollEy (whole egg replacer)
- 1-2 vanilla pods depending on size
- 3/4 tsp. of carob kernel flour
- 1 pinch of baking soda

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Kaiserschmarrn (cup-up pancakes with raisins)

Recipe for a pan with a diameter of 32 cm - 2 persons

The Austrian classic - with the one and only vegan egg

Photo / (original) recipe: Heidemarie Recheberger



KAISERSCHMARRN (SWEET AUSTRIAN CUT-UP PANCAKES WITH RAISINS)

MyEy

Ingredients:

80 g of flour, smooth
30 g of flour, ground
80 ml of plant milk natural + 1 tbsp. of oil
10 g of MyEy EyWeiß (egg white replacer) + 50 ml of water, cold
40 g of fine crystal sugar
5 g of MyEy EyGelb (egg yolk replacer)
50 ml of mineral water
1 tbsp. of bourbon vanilla sugar

2 tsps. of lemon juice, 1
tsp. of baking powder
1 pinch of salt, 1 pinch of
baking soda

Other ingredients:

1 tbsp. of margarine
powdered sugar

Optional:

30 g of raisins

Preparation:

Whisk the MyEy EyWeiß with 50 g of water and a pinch of salt in a high, fat-free mixing vessel blender jar while keeping the blender jar always at an angle so that more air is blown into the foam mass. Finally, add a pinch of baking soda and continue whisking. When the foam mass is stiff as usual, allow the sugar to slowly pour in and continue whisking. Add flour, baking powder, plant milk, MyEy EyGelb (egg yolk replacer), oil and vanilla sugar and stir thoroughly with the hand mixer. Add the mineral water and lemon juice and mix. Carefully lift the foam mass under this mixture.

Melt the margarine in a coated pan, fill in the dough, sprinkle the raisins over it and cover with a lid. Bake the cut-up pancakes at medium heat until the surface is no doughy anymore, then quarter and turn in the pan. Bake again until the bottom is golden brown. Tear cut-up pancakes with 2 wooden spatulas or similar, briefly roast again.

Serve with powdered sugar and applesauce or roasted plums.

Tip: You can also omit the raisins and use fresh blackberries or blueberries instead.

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Recipe for approx. 90 Chokoladina

Chokoladina

Attention chocolate lovers! These treats will be your new favorites!



Preparation:

Cut the apricots into small cubes, finely chop the almonds. Mix the oat cream and MyEy EyWeiß (egg white replacer) until there aren't any lumps. Melt the coconut fat and the chocolate in a water bath. Once melted, place the mixture in a bowl. Stir in the whipped cream and MyEy EyWeiß (egg white replacer) mixture. Then add the sugar and stir until it fully dissolves. Add the almonds and the apricots and mix thoroughly. Cool the mass in the refrigerator until it is a bit firmer.

In the meantime, prepare the baking tray so that three baking wafers would fit on their narrow sides next to each other (about 37 x 20 cm). If the mass is thick enough to be spread, spread one third of the mass completely flat, place three baking wafers over it and press firmly with a small board. Repeat this process two more times, finish the layers with a baking wafer and press again firmly.

Place the chokoladina in a baking form overnight, then cut it to the desired size with a sharp knife. Store it in a sealed cookie jar with butter paper between the layers.

Tip: Of course, dried fruit varieties and walnuts can be replaced at will.

Ingredients:

300 g of chocolate, dark vegan
200 g of dust cane sugar
200 g of apricots, dried
200 g of oat cream
100 g of almonds, blanched,
chopped
50 g of MyEy EyWeiß (egg white
replacer)
12 baking wafers (oblaten) approx
12 x 20 cm 12 x 20 cm

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Scheiterhaufen (Bread and apple pie with cover of meringue)

✓ VEGAN ✓ SOY FREE

Recipe for 4-6 persons

This apple dream brings sweet memories of childhood days back!



Ingredients of the pie:

1 pkg. of rusk (200 g)
800 g of apples, sour
350 ml of rice-almond milk
100 g of fine-grained sugar
50 g of raisins
1 pkg. of organic vanilla pudding powder
20 g of MyEy EyWeiß (egg white replacer) + 5 g of MyEy EyGelb (egg yolk replacer)
2 tbsp. of lemon juice
1 tbsp. of bourbon vanilla sugar

Ingredients meringue:

180 g of fine-grained sugar
150 g of water, cold
30 g of MyEy EyWeiß (egg white replacer)
1 pinch of baking soda
1 pinch of salt
grated lemon zest of 1 lemon

Preparation:

Peel the apples, remove the core, rub and mix with vanilla pudding powder, lemon juice, cinnamon and raisins. In a medium-sized, rectangular baking form, cover the ground with rusk. Mix the rice-almond milk with MyEy EyWeiß (egg white replacer) and MyEy EyGelb (egg yolk replacer) and sugar, as well as vanilla sugar and pour half the mixture with a tablespoon over the rusk. Now add the apple mixture and smooth it out. Place a second layer of rusk in the remaining MyEy mixture and spread the rest of the mixture over it. Bake in the preheated oven at 180°C by top and bottom heat for 20 minutes.

In the meantime, stir MyEy EyWeiß (egg white replacer) with 150 g of 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 get into the foam mass. When the foam mass begins to get firm, add a pinch of baking soda. When the foam mass is firm as usual, allow the fine-grained sugar to trickle in slowly and continue to beat at the highest level until a meringue mass is formed. Stir in the lemon zest and spread the meringue mass rather “sloppily” on the half-baked pie for another 20 minutes at 180°C top and bottom heat.

Allow the pyre to cool briefly, cut into pieces, sprinkle with some cinnamon and serve.

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Sweet waffles

✓ VEGAN ✓ SOY FREE
Recipe for 16 waffles

Yolk yellow waffles, fluffy-sweet with a delicious egg flavor like in the past



Preparation:

Beat margarine fluffy, add sugar and lemon juice and stir for a few minutes. Add MyEy EyGelb (egg yolk replacer) and MyEy EyWeiß (egg white replacer) to the milk. Mix the baking powder into the flour and mix it with salt and vanilla. Mix in the dry mixture to the margarine mass until a creamy dough is formed.

Preheat the waffle iron and grease it with some margarine. Do not spread the dough on the waffle iron surface too thick (attention, the dough rises and otherwise runs out of the waffle iron). Bake until golden yellow. Always open the waffle iron slowly so the waffle can easily be removed from the iron.

Garnish the waffles with sugar, cinnamon, various sauces, fruits, etc.

Tip: Make sure to use a good waffle iron with an intact non-stick coating, otherwise the dough may stick. Unfortunately, ceramic-coated waffle irons lose their good anti-adhesion effect over time, so it's better to rely on normal teflon coating.

Ingredients:

300 ml of plant milk, unsweetened
210 g of spelt white flour
100 g of cane sugar, ground
50 g of margarine, warm
7 g of MyEy EyGelb (egg yolk replacer)
15 g of MyEy EyWeiß (egg white replacer)
1 pkg. of baking powder
2 tbsps. of lemon juice, 1/2 tsp. of bourbon vanilla
margarine to grease the waffle iron

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Recipe for about 4 pieces

Light lemon yogurt tarts

Deliciously light, lemony, refreshing and without fat - a true summer creation



Preparation:

Place lemon slices on the bottom of four low drinking glasses. Briefly heat the half of the yoghurt with the lemon zest and one tablespoon of sugar.

Whisk the MyEy EyWeiß (egg white replacer) with 75 g of 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 foam mass. If the foam mass is stiff as usual, allow the remaining fine-grained sugar to flow slowly in and still whisk at the highest level until the meringue mass is formed.

Boil the lemon juice with 125 g of water and add the agar agar until lump-free while stirring. Stir immediately into the heated yoghurt. Now stir in the remaining yoghurt and quickly fold in this mass with the whisk under the MyEy foam mass. Fill the glasses with the mixtures and let it rest for at least 1-2 h. Dissolve the yoghurt mixture with a table knife along the glass to allow some air to enter and for the yoghurt tarts to dissolve from the glass. Put the yoghurt tarts on a dessert plate and decorate as desired.

Tip: There are also other varieties with fruit yoghurt and purred fruit.

Ingredients:

- 250 g of plant yoghurt, natural (lupine, coconut, etc.)
- 90 g of fine-grained sugar
- juice and zest of half a lemon
- 15 g of MyEy EyWeiß (egg white replacer)
- 75 g of water
- 1 slightly heaped tsp. of agar agar
- 125 g of water
- 1 pinch of salt
- 4 lemon slices

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✓ VEGAN ✓ SOY FREE
Recipe for 4 persons

A heavenly vanilla cream

Fine and light vanilla cream completes each dessert



Preparation:

Add MyEy EyGelb (egg yolk replacer), sugar and water to a small bowl and mix with a whisk. Heat up 2/3 of the nut milk in a pot. In the meantime, stir the cornstarch and the flour into the remaining third of the cold nut milk with a whisk. Pour the milk-starch mixture into the boiled nut milk (over medium heat) and mix with a mixer. At medium heat, stir for 1-2 minutes with the mixer until the liquid begins to thicken. Now pour the MyEy-sugar mixture into the cream. Continue stirring for 1-2 minutes with the mixer. Remove the pot from the stove and mix the vanilla flavor into the cream. Cover the vanilla cream in the refrigerator for 1-2 hours.

Whip the chilled plant cream. Place 1/5 in a small bowl and place aside. With the help of the hand mixer, stir 4/5 of the whipped plant cream under the vanilla cream. Stir hard until the vanilla cream has become evenly creamy. Put whipping cream stiffener and some sugar into the smaller amount of the plant cream. Stir everything with the mixer. Use this plant cream for decoration.

Ingredients:

13 g of MyEy EyGelb (egg yolk replacer)
80 - 90 g of sugar
70 g of water
5 dl of nut milk
8 g of light flour
50 g of cornstarch

1 tbsp. of vanilla flavor or vanilla sugar
250 ml of vegetable cream, cooled (for whipping)
1/2 pkg. of cream stiffener

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Recipe for 8 persons

Mousse au Chocolat

A real mousse needs a light foam - MyEy makes it possible



Preparation:

Heat the plant milk, remove it from the heat and melt the chocolate in. Mix MyEy EyGelb (egg yolk replacer) with 50 g of warm water and stir in into the warm chocolate-milk mixture, also the grated orange zest.

Whisk MyEy EyWeiß (egg white replacer) with 150 g of water and a pinch of salt in a high, fat-free blender jar, keeping the blender jar slightly at an angle so that more air is blown into the foam mass. If the foam mass is stiff as usual, let the fine-grained sugar trickle in slowly and always beat at the highest level until a meringue mass is formed. Now stir a small portion of the MyEy meringue into the lip-warm chocolate mass. Carefully fold this mixture in the remaining MyEy meringue with a whisk and ensure that the air in the mixture is maintained.

Pour the mousse into a small baking dish and let it cool overnight. With a spoon dipped into water, scoop out little balls of mousse and place as desired on fruit sauce and decorate with fresh fruits, plant cream and chocolate chips.

Tip: White mousse and nougat mousse are also very tasty.

Ingredients:

- 200 g of chocolate, dark
- 150 g of fine-grained sugar
- 100 ml of plant milk
- 30 g of MyEy EyWeiß (egg white replacer)
- 150 g of water, cold
- 10 g of MyEy EyGelb (egg yolk replacer)
- 50 g of water, warm
- 1 pinch of salt
- grated orange zest of half an orange

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✓ VEGAN ✓ SOY FREE
Recipe for 15 pieces Krapferl

Punch cake with rum

Not only a New Year's Eve hit – a dream with rum



Preparation:

Sponge cake base:

Follow swiss roll recipe, but allow the baked dough to cool on the plate. Using a round cookie cutter (DM 5-5.5 cm) slice 30 pastry from the baked roll.

Use the remains (about 220 g) for the filling, by crumbling them and mixing them with rum, the glaze (melted in a water bath), the apricot jam and the orange zest. Divide the mass into 15 portions and add them as a filling between two roll slices. Briefly heat the apricot jam with rum, stir until smooth and glaze the entire surface of the filled slices with a backing brush. Let it dry for at least two hours or in the oven at 50°C (by circulating air) with cooking spoon blocking the oven door.

Now mix all the ingredients for the punch glaze, gradually add the rum and red wine. Mix and check the consistency, which should be very thick. Place the punch cakes on a glazing grille, cover the entire surface with the punch glaze, allow to dry and place in the muffin paper inserts.

Ingredients sponge cake base:
see swiss roll recipe

Ingredients apricot glaze:
6 tbsps. of apricot jam
2 tbsps. of rum

Ingredients filling:
220 g of swiss roll dough
50 ml of rum
70 g of chocolate glaze, dark
grated orange zest of 1 orange
3-4 tbsps. of apricot jam

Ingredients punch glaze:
340 g of powdered sugar
4 tbsps. of red wine, vegan
4 tbsps. of rum
4 tsps. of vegetable oil



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Filled MyEy pancakes

✓ VEGAN ✓ SOY FREE
Recipe for about 8 pieces

Or also as frittata cuts or savory pancakes



Ingredients:

350 g of plant milk, unsweetened
120 g of flour
10 g of MyEy EyWeiß (egg white replacer)
3 g of MyEy EyGelb (egg yolk replacer)
a generous pinch of salt
neutral vegetable oil for greasing the pan
jam or other fillings as desired
powdered sugar for sprinkling

Preparation:

Mix the plant milk with MyEy EyWeiß (egg white replacer), MyEy EyGelb (egg yolk replacer) and salt until there aren't any lumps. Add the flour and mix until a smooth, thick liquid dough is created (add some plant milk or flour until the consistency is correct).

Heat a coated pan and add enough dough with a ladle so that the entire pan bottom is covered with dough (twirl the pan if needed to evenly distribute the dough). If the surface of the pancakes is firm and the bottom is golden brown, turn the pancakes and bake the other side until golden brown. While it's still hot fill with jam and roll it up. Sweeten to taste and serve with liquid chocolate and whipped plant cream. Sprinkle with powdered sugar.

Tip: The pancakes can also have a savory filling and (if desired) be baked. Of course, the cooled pancakes can also be served as a frittata cut in a vegetable broth as an insert.

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Recipe for 6 persons

Raspberry dream

A dessert that can actually make you feel like you are in a dream

Photo / (original) recipe: KleinStadtHippiede



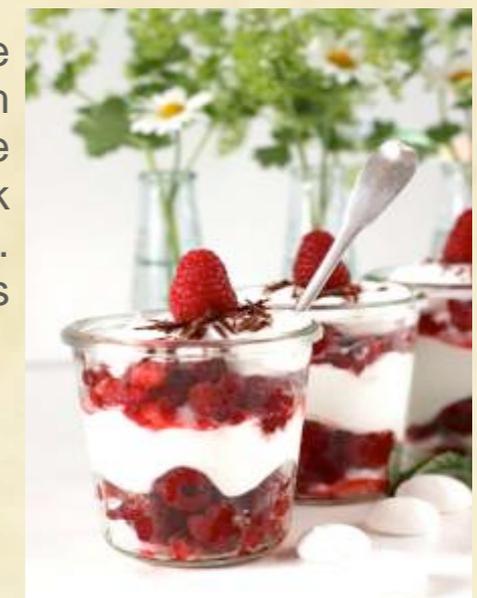
Preparation of meringues / Meringue:

Whisk MyEy EyWeiß (egg white replacer) with water. Whisk with a hand mixer or a food processor, add salt and continue to beat for 6-7 minutes. Now preheat the oven to 90°C (by circulating air). Sieve the powdered sugar, gradually adding it to the EyWeiß (egg white replacer)-mass and stir for another 10 minutes. Now pour the mass into a pastry bag and squeeze polka dots onto two sheets covered with baking paper. Put in the oven and leave to dry for about 90 minutes (depending on the size).

Preparation of the raspberry cake: Beat the whipping cream with a hand mixer until stiff. Now put everything in glasses in the following sequence:

- meringues
- frozen raspberries
- 1 tsp. of cinnamon sugar
- 1 tsp. of raspberry liqueur
- whipped cream

Then repeat one more time. Leave to cool for 2 hours. Garnish with vegan chocolate chips before serving. Simply rasp a few dark chocolate chips with a grate. Garnish with the fresh raspberries and enjoy.



Ingredients for raspberry dream:

6 dessert glasses or one large bowl
self made vegan meringues
500 g of raspberries, frozen
600 ml of plant cream, whippable
6 tsps. of cinnamon sugar
12 tsps. of raspberry liqueur

chocolate, vegan, dark
fresh raspberries for garnish

Ingredients for meringues:

15 g of MyEy EyWeiß (egg white replacer)
75 ml of water
1 pinch of salt
150 g of powdered sugar

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Recipe for a family

Sweet yeast dumpling with plum sauce

Sweet yeast dumpling - hot and maybe with vanilla sauce



Preparation:

Add the dough ingredients in the order shown on the bread baking machine. Set the machine to the setting "dough". Once processed knead the dough on a floured working surface.

Split the dough into 16 pieces and roll them into balls. Flatten the balls and place about 1/2 tsp. of stewed plums in the middle of each ball and close them well. Grease the ovenproof form with coconut oil and place the filled balls with the seam facing downward into the form. Cover the yeast dumpling dough with a tea towel and let it rise for 30 minutes in a room without a draft.

Preheat the oven to 200°C top and bottom heat and place the yeast dumpling on the bottom rail. If you like, you can spread melted margarine or coconut oil on it. Bake for ca. 25 minutes by top and bottom heat in the middle, and then continue for a further 5 minutes by bottom heat.

Ingredients:

250 ml of plant milk, lukewarm
70 g of margarine
30 g coconut oil * (You can also use 100 g of margarine, if you do not have coconut oil at home)
1 MyEy VolIEy (whole egg replacer) stirred (42 g of water + 8 g of MyEy VolIEy)

90 g of brown sugar
500 g of wheat flour
1 pkg. of dry yeast

Ingredients for the filling:

stewed plums
Coconut oil for the form



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Banana slices

Recipe for a rectangular springform approx. 30x40 cm

A recipe from your childhood for chocolate banana slices



Preparation:

Mix water with MyEy VollEy (whole egg replacer) in a larger, high, clean and fat-free blender jar, while keeping the blender jar always slightly inclined to allow more air to be beaten into the foam mass. Once the foam mass reaches the wished consistency, add the baking soda and slowly let the cane sugar and vanilla sugar trickle into the mixture, constantly continue beating. Combine the flour types with baking powder and cocoa, sieve them and mix with oil manually into the foam mass.

Pour the dough into the baking tray, covered with baking paper, bake for 10 minutes at 220°C by top and bottom heat and let the sponge cake bottom cool down. Spread jam on the sponge cake bottom and cover with halved bananas. For the vanilla pudding cream, whip the chilled cream with a cream stiffener. Add 1/3 of the plant milk to the vanilla pudding powder. Mix the rest of the milk with agar agar and bring to a boil while stirring. Then boil the pudding powder mixture and allow to simmer briefly until it thickens. Mix the hot pudding with cane sugar and margarine with a mixer. Place the mixture immediately in a mixing bowl, stir in a quarter of the whipped plant cream with a mixer.

Mix in the rest of the cream manually with a whisk, spread on the bananas, smooth it out and let cool. Melt the ingredients for the glaze in a water bath. Glaze the banana slices.

Ingredients cake bottom:

250 g of water + 50 g of MyEy VollEy (whole egg replacer)
110 g of spelt white flour
100 g of wholemeal spelt flour
190 g of cane sugar
30 g of cocoa
3 tbsps. of oil
1 tbsp. of vanilla sugar
2 tsp. of baking powder
1 tsp. of baking soda

Ingredients glaze:

2 tbsps. of oil

200 g of chocolate glaze, 70 g of margarine

Ingredients pudding cream:

500 ml of rice-almond milk
300 ml of plant cream, whippable
150 g of margarine
150 g of cane sugar
1 ½ pkg. of vanilla pudding powder
3 pkgs. of cream stiffener
2 tps. of agar agar

Other ingredients:

1,5 kg of bananas
apricot jam

sweet & sinful

✓ VEGAN ✓ GLUTEN FREE ✓ SOY FREE

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



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.



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