

Egg Substitutions

Although the good news is that just about any recipe that calls for eggs can be made eggless by using the proper egg substitute, there is no single answer to what the best substitute will be. Eggs perform a different function-leavening agent, binder or source of moisture. For 90% of my baking, I use: **3 tablespoons applesauce + 1 tsp baking soda + 1 tsp vinegar** to replace each egg. The second most common one I use is the ground flax seed, below. Here is a list of other substitutes, then guidance on when to use what follows.

Each * below replaces One Egg

- * 3 TBS applesauce +1 tsp baking soda + 1 tsp vinegar
- * 3 TBS pureed pumpkin **or** pureed potato **or** pureed sweet potato **or** shredded zucchini +1 tsp baking soda + 1 tsp vinegar
- * 1/2 banana, mashed (medium size) +1 tsp baking soda + 1 tsp vinegar
- * 1 tsp baking soda + 1 TBS vinegar
- * 1 tsp baking soda + 2 TBS lemon juice
- * 1 tsp baking powder + 1 TBS water + 1 TBS vinegar
- * 1/2 tsp baking powder + 2 TBS water + 2 TBS flour + 1/2 TBS shortening
- * 1 tsp baking powder + 1 1/2 TBS water + 1 1/2 TBS oil
- * 2 TBS ground flax seed + 3 TBS water (mix and let sit for 2 minutes until it looks like a gel) +1 tsp baking soda + 1 tsp vinegar
- * 2 TBS chia seed + 3 TBS water (mix and let sit for 2 minutes until it looks like a gel) +1 tsp baking soda + 1 tsp vinegar
- * 2 TBS arrowroot flour or potato starch
- * 1 tsp yeast in 3 tablespoons water
- * 1 TBS tapioca starch in 3 tablespoons (mix well & allow to gel a bit before using)
- * 1 tsp yeast dissolved in 3 tablespoons warm water
- * 3 TBS Mori-Nu box tofu pureed until smooth
- * 1 TBS cornstarch + 3 TBS water
- * ¼ c chickpea flour and ¼ cup water or non-dairy milk

First, determine what the egg is doing for the recipe, and it may be doing multiple functions, like both binding and providing moisture. An egg provides about three tablespoons of moisture.

If you need lift then you need to use one of the baking powder or baking soda substitutions with vinegar or lemon juice. Vinegar/lemon juice (the acid) starts the chemical reaction with the baking powder/baking soda (the base) in your recipe that **CREATES** the lift. **NO**, you will **NOT** taste the vinegar in the finished product. Vinegar is slightly more acidic than lemon juice which is why you need less of it in a recipe to get the chemical reaction you need. Some use commercially purchased Ener-G.

If you need **binding without moisture**, then the cornstarch or arrowroot or other starch substitutions would be appropriate. You can also use the ground flax seed or the chia seed that will gel with moisture in your recipe to bind.

If you need **both binding and moisture** then a puree might work better than a baking powder based substitution. But many things would work including ground flax seed or chia seed or blended Mori-Nu.

Note: You **MIGHT** be able to taste the banana in a recipe (which is desirable in some products like waffles or muffins!) You will see specks in light cookies if you use the flax or chia seeds. Both flax and chia seeds are high in brain healthy Omega-3s and contain fiber and are really good for you. Zucchini should be peeled if you don't want the possibility of seeing green specks in food. Mori-Nu should be blended like in a bullet until tofu is smooth and creamy. While it won't alter the flavor of a recipe, using tofu as an egg substitute will make baked goods a bit on the heavy and

thick side, so it works well in brownies and coffeecake, but wouldn't work well in something that needs to be light and fluffy.

Ener-G is a versatile and easy to use commercial egg replacer available in health food or larger grocery stores. It is a little pricy when compared to other substitution methods. It works well for cake where eggs serve as a leavening agent, helping to make the cake light and fluffy

Specific Suggestions:

Pancakes: 3 tablespoons applesauce + 1 tsp baking soda + 1 tsp vinegar. Mix vinegar with the non-dairy milk then mix all ingredients. Let batter rest for 5 minutes before cooking to allow for the chemical reaction that will cause the lift. Can also use the other puree options like banana or sweet potato but that may affect taste or color. Mori Nu will provide some lift but may dilute flavor of pancakes (personal preferences).

Quick breads like banana bread: 1 tsp baking soda + 1 TBS vinegar

Waffles or cornbread: 3 TBS pureed pumpkin or applesauce or pureed sweet potato (or mashed banana for waffles) **1 tsp baking soda + 1 tsp vinegar.** You can alternatively use the ground flax seed or chia seed mixture.

Box Cake Mix: 8oz soda-OMIT eggs, oil and water. Batter will be thick, needs to be thick because the gluten with the CO2 from the soda is doing the lifting.

Bisquick Coffeecake: 3 TBS Mori-Nu box tofu pureed until smooth (makes it very moist!)

Oatmeal Cookies: 2 TBS ground flax seed + 3 TBS water (mix and let sit for 2 minutes until it looks like a gel)

Peanut Butter Cookies: 3 tablespoons applesauce + 1 tsp baking soda + 1 tsp vinegar

Cakes or Brownies: Find a recipe where someone else has already figured it out. There are tons of recipes online!

Home-made Ener-g egg replacer

1 cup potato flour	3/4 cup tapioca flour	2 tsp baking powder	Mix well, keep in air-tight jar.
1 1/2 tsp of mix + 1 Tbsp water = 1 egg yolk		1 1/2 tsp of mix + 2 Tbsp water = 1 whole egg	

Shake well in a screw top jar, add to the dry ingredients in baking, then increase the liquid in the recipe accordingly. Since this has baking powder in it, it should also work fine in baked goods where the egg is needed for leavening.