

SUBSTITUTES FOR ONE EGG



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FLOUR/POWDER EGG SUBSTITUTE FOR 1 EGG

The following flour/powder egg substitutes are best for Cookies, Burgers, and Meatballs:

- 1.5 Tbs ENER-G Powder + 2 Tbs Water
- 2 Tbs Cornstarch + 2 Tbs Water
- 2 Tbs Arrowroot Powder + 2 Tbs Water
- 1 Tbs Soy Protein Powder + 2 Tbs Water
- 2 Tbs Baking Powder + 3 Tbs Water + 1 Tbs Oil
- 3 Tbs Chickpea Flour + 3 Tbs Water
- 3 Tbs All-purpose Flour + 3 Tbs Water
- 3 Tbs Whole Wheat Flour + 3 Tbs Water

NUTS/SEEDS EGG SUBSTITUTE FOR 1 EGG

The nuts/seeds egg substitutes listed below are best for Waffles, Pancakes, & Muffins:

- 1 Tbs Flaxseed Meal + 3 Tbs Water
- 1 Tbs Chiaseed (Ground) + 3 Tbs Water
- 3 Tbs Peanut Butter
- 3 Tbs Almond Butter
- 3 Tbs Any Other Seed Butter

FRUITS/VEG EGG SUBSTITUTE FOR 1 EGG

The below fruits/veg egg substitutes are best for Quick Bread, Brownies & Muffins:

- $\frac{1}{4}$ Cup Unsweetened Applesauce
- $\frac{1}{4}$ Cup Mashed Banana
- $\frac{1}{4}$ Cup Mashed Avocado
- $\frac{1}{4}$ Cup Pureed Pumpkin

$\frac{1}{4}$ Cup Prune (Baby Food)

DAIRY & NON-DAIRY EGG SUBSTITUTE FOR 1 EGG

The following dairy and non-dairy egg substitutes are best for Cakes, Cupcakes, Muffins & Bars/Brownies:

$\frac{1}{4}$ Cup Pureed Silken Tofu

$\frac{1}{4}$ Cup Dairy Milk

$\frac{1}{4}$ Cup Soy Milk

$\frac{1}{4}$ Cup Coconut Milk

$\frac{1}{4}$ Cup Yogurt

$\frac{1}{4}$ Cup Buttermilk

$\frac{1}{4}$ Cup Condensed Milk

$\frac{1}{4}$ Cup Kefir

OTHER EGG SUBSTITUTE FOR 1 EGG

The following egg substitutes can be used depending upon the recipes and they are usually best for Gelatin Puddings, Macaroons, Cupcakes & Quick Breads:

Suitable For:

1 Tbs Agar Agar + 1 Tbs Water

1 Tbs Soy Lecithin To Replace 1 Large Egg Yolk

3 Tbs Aquafaba To Replace 1 Egg / Egg Whites

1 Tbs Vinegar + 1 Tsp Baking Soda – Cupcakes / Quick Breads

2 Tbs Lemon Juice + 1 Tsp Baking Soda – Cupcakes / Quick Breads

Posted by Rina Noel