

Happy Herbivore's

Egg Substitute Cheat Sheet

= 1 egg	When to Add	Caution:	Works Best in:
¼ c. silken tofu (2 ounces)	Blend with liquids	Can be very heavy. Do not use in recipes where multiple eggs must be replaced	in a pinch
½ banana, mashed	Cream with sugar	Very ripe bananas will leave a hint of flavor and increase sweetness.	fat-free cookies, breads, muffins, pancakes
¼ c. applesauce	Add with wet ingredients	Avoid using more than 1 cup of applesauce total in any recipe.	breads, muffins, cakes, cupcakes
¼ c. vegan yogurt	Blend with liquid or wet ingredients	Can be heavy.	brownies
2½ tbsp ground flax seeds mixed with 3 tbsp water.	Add as "egg" is originally called for.	Adds an earthy, nutty taste. Can provide firm or chewy texture.	chocolate recipes, granola bars, oatmeal cookies
2 tbsp water + 1 tbsp oil + 2 tsp baking powder	Add as "egg" is originally called for.	Adds fat; can be tricky to work with.	gluten-free baking
2 tbsp potato starch	Add as "egg" is originally called for.	Hard to find.	allergy-free baking
2 tbsp water + 2 tbsp white flour + ½ tsp shortening + ½ tsp baking powder	Add as "egg" is originally called for.	Adds fat; can be tricky to work with.	pastries, flaky crust desserts, pies
2 tbsp oil + 1 tbsp water	Add as "egg" is originally called for.	Adds fat; Do not use in recipes where multiple eggs must be replaced	gluten-free baking, allergy-free baking
1 tsp cornstarch + 3 tsp water	Add as "egg" is originally called for.	Not the best for baking; expect mixed results.	Use in savory dishes, like corn pudding and casseroles.
Ener-G-Egg Replacer	Add as "egg" is originally called for.	Leaves a chalky taste.	for beginners