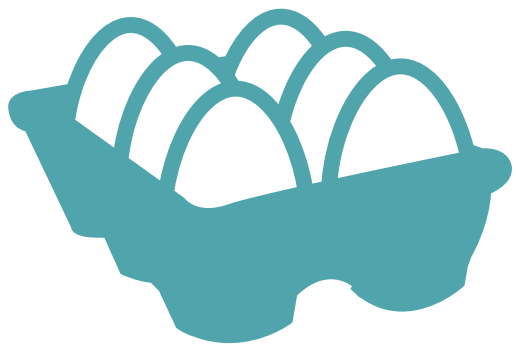
HOW TO MAKE EGG SUBSTITUTIONS



Purpose of Egg in the Recipe	How to Make Substitutions (T=Tablespoon, t= teaspoon)
Leavening:	• ¼ cup carbonated water • 2 T water + 1 T oil +2 t baking powder • 1 T vinegar + 1 t baking soda • 2 T lemon juice + 1 t baking soda
Binding:	• 1 T flaxseed meal or ground chia seed + 3 T water, sit 15 minutes • 1 T gelatin/agar agar + 1 T water, sit 15 minutes (gelatin-based desserts) • 3 T nut or seed butter • 2 T mashed potato or sweet potato • 2 T tomato paste • 2T mayo • 2 T starch (corn, potato, tapioca starch or arrowroot powder) + 3 T water • 1 T soy protein powder + 3 T water • ¼ cup pureed soft tofu or full fat yogurt • 3 T canned bean liquid (1 egg or egg whites) • 1 T soy lecithin (1 egg or egg yolk)
Moisture:	• ¼ cup unsweetened applesauce or fruit puree • ¼ cup mashed banana or avocado • 2 T dried fruit + 2 T water, pureed • ¼ cup buttermilk or milk (dairy or non-dairy) • ¼ cup sweetened condensed milk • ¼ cup yogurt or kefir • ¼ cup pureed silken tofu

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