Incredible, Edible Egg…Substitutes
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Following a vegan diet? Allergic to eggs? Or in the middle of baking your favorite recipe only to realize you're out of eggs? Fortunately, there are numerous egg substitutes you can use that you likely have in your pantry or fridge.

Using Egg Substitutes

Baking without eggs can be tricky. However, if you use the right egg substitute and stick with recipes that call for less than 3 eggs per batch, you should end up with a similar tasting end product. If a recipe calls for 3 or more eggs, it's best to find another recipe since the consistency likely won't turn out good with that amount of egg substitute.

When choosing an egg substitute, think about the role the egg plays in the original recipe. In baking, eggs generally have one of two roles (or occasionally play both roles at the same time):

1. Act as a binder (holds it together)
2. Act as a leavening agent (helps it rise)

You'll also want to pay attention to the flavor profile of the egg substitute and choose flavors that will complement your final product.   For example, flaxseeds have a very nutty flavor so they work really well in whole grain pancakes but might not be the best choice for a sweet, chocolate cake.

Give these various egg substitutes a try to find out what works best in your favorite recipes.

1. **Ground Flaxseeds or Chia Seeds**

    Mix 1 Tablespoon ground flaxseeds or chia seeds with 3 Tablespoons water and stir well. Let sit for 10-15 minutes or until it thickens and becomes gelatinous.

    Flax and chia seeds have a nutty, earthy taste and provide a great source of omega-3 fatty acids and fiber. Be sure to store ground seeds in the fridge or freeze because they can go rancid quickly.

    Works Well In: muffins, pancakes, waffles, brownies, cookies (especially oatmeal cookies)

2. **Unsweetened Applesauce**

    Swap ¼ cup applesauce for 1 egg.

    Applesauce adds moisture to recipes and a touch of apple flavor but often can go unnoticed in a recipe. If you only have sweetened applesauce, just reduce the amount of sugar in the recipe.

    Works Well In: cakes, brownies, muffins, quick breads, pancakes

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3. **Ripe Avocado**

   Use ½ of a ripe avocado (mashed or pureed) for 1 egg.

   Be careful of the green color and use in recipes where it won't impact the final product.

   <u>**Works Well In:**</u> brownies, chocolate cakes, pudding, mousse

4. **Ripe Banana**

   Swap ½ of a ripe banana (mashed or pureed) for 1 egg.

   Like applesauce, bananas add moisture to recipes but they also act as binder, making them a great egg substitute. Bananas have a very distinct taste so use them in recipes where the banana flavor will complement the other flavors in the recipe.

   <u>**Works Well In:**</u> muffins, quick breads, cakes, pancakes

5. **Coconut or Soy Yogurt**

   Use ¼ cup non-dairy (coconut or soy) yogurt for 1 egg.

   Yogurt adds moisture to recipes and works a lot like blended tofu. Opt for unsweetened and unflavored varieties though so you're not adding extra sugar to the recipe.

   <u>**Works Well In:**</u> some cakes, muffins, and quick breads.

6. **Silken Tofu**

   Substitute ¼ cup blended silken tofu for 1 egg.

   Silken tofu has the creamiest texture and works best in this application. Blend tofu until completely smooth. Then mix in other wet ingredients for best results.

   <u>**Works Well In:**</u> pudding (check out this recipe), mousse, dense cakes and brownies, quiche

Egg Substitutes
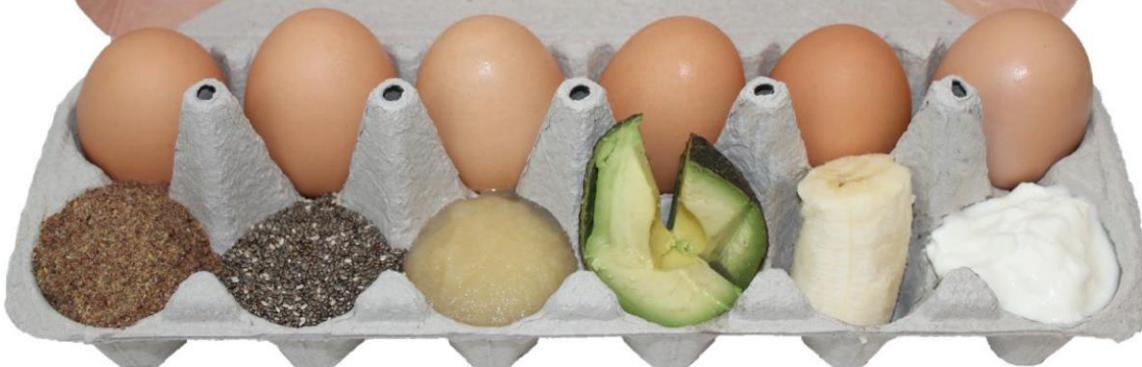
Ground Flaxseed	Ground Chia Seed	Applesauce	Ripe Avocado	Ripe Banana	Coconut or Soy Yogurt
1 Tbsp ground flaxseed + 3 Tbsp water = 1 egg	1 Tbsp ground chia seed + 3 Tbsp water = 1 egg	¼ cup unsweetened applesauce = 1 egg	½ mashed avocado = 1 egg	½ mashed banana = 1 egg	¼ cup coconut or soy yogurt* = 1 egg
NOTE: mix seeds and water and let sit for 10-15 minutes	NOTE: mix seeds and water and let sit for 10-15 minutes				*Can also use ¼ cup silken tofu (blend until smooth before use)

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