



Egg Substitutes

Listed are egg substitutes for when eggs are recommended to be eliminated from the diet. One (1) egg equals any one of the following:

1. 2 Tbsp flour (tapioca starch or a bean flour can be used)
½ tsp extra virgin olive oil
½ tsp baking powder (aluminum free)
2 Tbsp water
2. 2 Tbsp water
1 Tbsp extra virgin olive oil or melted coconut oil
½ tsp baking powder (aluminum free)
3. 1 Tbsp chia seeds (does not need to be ground)
3 Tbsp warm water
Mix together and allow to thicken, this takes a few minutes and allows the seeds to release a sticky substance
4. 1 Tbsp gelatin or fruit pectin
3 Tbsp warm water
Mix together and allow to thicken, this takes a few minutes
5. 1 Tbsp freshly ground flaxseed
3 Tbsp water
Mix together and allow to thicken, this takes a few minutes and allows the seeds to release a sticky substance

Yogurt, mashed banana, applesauce, pumpkin, or other pureed fruit or vegetables are good replacements for eggs in muffins or cakes.

To replace eggs in casseroles, burgers, or loaves try mashed vegetables, tahini (ground sesame seed butter), nut butters, or rolled oats.

Ref: Adapted from The Bread Beckers, Inc. 2003