

Egg Substitutes in Recipes

Most Tips Condensed from *The Joy of Vegan Baking*, by Colleen Patrick-Goudreau
<http://www.veganbakesale.org/veganbakesale/vbs-vegan-baking-tips.html>

Eggs perform various functions in baked goods, from binding and leavening to adding moisture and richness, all of which can be replicated as well—if not better—with healthful, plant-based ingredients. Below is a brief overview of which ingredients work best when, and in what quantities, first organized by type of food, then by the substituted ingredient. Products such as Egg Beaters and Better 'N Eggs® are not listed here because their main ingredient is eggs.

By Food Type

Most Recipes Commercial Egg Replacer Powder (Ener-G or Bob's Red Mill are common in health food stores)

Breads Applesauce, Ripe Banana, Ground Flaxseed

Breads, Quick Applesauce, Vinegar and Baking Soda

Brownies Applesauce, Silken Tofu

Cakes Ripe Banana, Silken Tofu (for rich, dense cakes), Vinegar and Baking Soda

Cakes (Moist) Applesauce, Silken Tofu

Cookies Ground Flaxseed or Commercial Egg Replacer Powder (Ener-G or Bob's Red Mill are common in health food stores)

Cupcakes Vinegar and Baking Soda or Baking Powder-Water-Oil blend on reverse

Muffins Ripe Banana

Muffins (Bran) Ground Flaxseed

Pancakes Ripe Banana, Ground Flaxseed

Waffles Ground Flaxseed

Egg Replacements for Cooking/Baking

From *The Cancer Project*
<http://www.cancerproject.org/ask/eggs.php>

If a recipe calls for just one or two eggs, you can often skip them. Add a couple of extra tablespoons of water for each egg eliminated to balance out the moisture content of the product.

One egg =

- 1/4 cup of tofu (any kind) blended with the liquid ingredients in the recipe. Reduced-fat tofu cuts down on the fat and calories
- 1/2 mashed banana
- 1/4 cup applesauce or pureed fruit
- 1/2 cup soy yogurt
- 1-1/2 teaspoons of Ener-G Foods Egg Replacer + 2 tablespoons lukewarm water (Ener-G is a powder commercial egg substitute)
- 1 tablespoon ground flaxseed meal + 3 tablespoons water + 1 tablespoon mild flavored cooking oil + 1 teaspoon low sodium baking powder + 1 teaspoon tapioca or potato starch or corn starch.
- 1/4 cup mashed white potatoes or sweet potatoes
- 2 tablespoon potato starch, cornstarch, or arrowroot
- 2-3 tablespoons of tomato paste
- 1/4 cup cooked oats
- 2-3 tablespoons of bread crumbs
- 2-3 tablespoons of flour

Tip!

Search online for "recipe vegan" (without the quotes) followed by whatever it is you want to make, such as **recipe vegan lasagna**. You will find thousands of delicious egg-free recipes.

By Substituted Ingredient

Applesauce

$\frac{1}{4}$ cup of unsweetened applesauce equals one egg.

Works best in: moist cakes, breads, quick breads, and brownies.

Baking Powder, Water, & Oil

2 teaspoons of baking powder, 2 tablespoons of water, 1 tablespoon of oil; mix until well combined and gelatinous; equals one egg. *Works best in:* cupcakes, cakes, muffins; result is light and fluffy.

Banana (Ripe)

Consider half a mashed or pureed banana as a replacement for one or two eggs.

Works best in: breads, muffins, cakes, and pancakes; may make finished product gummy.

Commercial Egg Replacer Powder

The most common brands are Ener-G and Bob's Red Mill. Egg replacer powder is economical and lasts forever if sealed tightly. Follow the instructions on the box. For best results, whip into a froth. *Works best in:* cookies. But it is also a handy all-around egg substitute for recipes.

Flaxseed (Ground)

For each egg you replace, whisk 1 tablespoon of ground flaxseed with 3 tablespoons of water until the mixture is thick and creamy.

Works best in: waffles, pancakes, bran muffins, breads, oatmeal cookies; result is dense and chewy.

Tofu (Silken)

Whip $\frac{1}{4}$ cup in a blender or food processor until smooth and creamy. This equals one egg.

Works best in: rich, dense, and moist cakes and brownies.

Vinegar and Baking Soda

A ratio that works well is 1 teaspoon of baking soda along with 1 tablespoon of vinegar. Apple cider vinegar and white distilled vinegar are good choices. *Works best in:* cakes, cupcakes, quick breads; result is fluffy.

Apple Cider Vinegar & Soy Milk

Combine 1 teaspoon of apple cider vinegar and 3 ounces of soy milk.

Works best in: baked goods; adds moisture and fluffiness.

Miss that "Eggy" Taste? Try These!

Kala Namak ("Black" Salt) This pink-colored "salt" is available in Indian or ethnic grocery stores. Just a few specks lend a strong egg-like flavor and aroma; enjoy it in your potato salad, mock-egg salad, or other dishes. You have to taste this to believe it!

"The Vegg" This blend of mostly nutritional yeast and black salt/Kala Namak is designed to substitute egg yolks in dishes using eggs as the largest ingredient, like scrambled eggs. See <http://thevegg.com/>. Available online, at Roots Market in Clarksville, MD & Olney, MD, or in Takoma Park via Compassion Over Killing.

Egg Substitutes in Recipes By Properties:

Liquid, Binding, Leavening, Lightness

From The Cooking Inn, <http://www.thecookinginn.com/eggsub.html>

Liquid Properties

Two tablespoons per egg of any liquid, like juice, or soy milk, will do just fine. To add moisture and flavor to baked goods requiring eggs, substitute $\frac{1}{2}$ (half) mashed banana or $\frac{1}{4}$ (one-fourth) cup of applesauce or pureed fruit for each egg. Keep in mind that because these add moisture to a recipe, you might have to bake for a bit longer than the recipe calls for.

Binding Properties

- Use one mashed banana per two eggs in baked sweets.
- Try blending two ounces of silken or soft tofu per egg with the liquid in the recipe.
- One tablespoon of arrowroot or one tablespoon soy flour and two tablespoons water mixed together also work when added to the ingredients.
- Try a mixture of 2 tablespoons flour, two tablespoons water, $\frac{1}{2}$ (half) tablespoon oil and $\frac{1}{2}$ (half) teaspoon baking powder.

Leavening Effects

Add an extra half teaspoon of baking powder per egg. Or, you can substitute an acidic liquid (buttermilk substitute or thinned and beaten soy yogurt) for the liquid required in the recipe. To avoid a bitter final product, limit the amount of baking powder or baking soda to one teaspoon per cup of flour.

Consider the way you want to make your batter. Add air to lighten by creaming together the sweetener and the fat before adding dry ingredients. Whipping the liquid ingredients together in a food processor for 30-45 seconds works, as well.

Light, Eggless Baking: Other Tips

Successful eggless baking will be more successful if you don't take for granted the type of flour you use. For example, whole wheat flour contains gluten, which can make a chewy end product.

Try replacing some of the whole wheat flour with whole wheat pastry flour or any other flour that doesn't contain gluten, like brown rice flour, buckwheat flour, soy flour, corn flour, millet flour, amaranth flour, or quinoa flour. Keep in mind, however, that gluten helps baked goods rise, and substituting with a low-gluten flour may not always work.

For egg-based recipes such as quiches and custards, however, the substitutes should be used for only half of the eggs. And the fat that's added prevents them from working in recipes calling for beaten whites, such as meringues and souffles.

Egg Whites

- 1 tablespoon of plain agar powder dissolved in 1 tablespoon of water, whipped, chilled, and whipped again for each egg white.
- mix about $\frac{1}{4}$ teaspoon of Xanthan Gum with about $\frac{1}{4}$ cup of water. Let stand. It thickens, and can be whipped like an egg white. It's okay to replace one egg.