

# Egg Substitutes

Eggs are used for:

- \* Leavening
- \* Thickening
- \* Binding
- \* Adding Moisture

Each egg substitute is equivalent to one egg.



In Baking:

- Flax seed: 1 Tbsp ground flax seed + 3 Tbsp water
- Soy or Garbanzo flour: 1 heaping Tbsp flour + 1 Tbsp water
- Ener-G Egg Replacer: 1 ½ egg replacer + 2 Tbsp water
- Pureed Prunes, Bananas or Applesauce: ¼ cup puree fruit
- Psyllium Seed Husk: 1 Tbsp dissolved psyllium in 3 Tbsp water
- Liquid: Add 2-3 Tbsp additional liquid for each egg. If only one egg in the recipe, it can be omitted

As a Binder:

- Tofu: 4 oz. soft tofu, pureed with 1- 2 Tbsp white flour
- Mashed potatoes
- Tomato paste
- Tahini
- White sauce
- Mashed banana
- Moistened bread crumbs
- Gluten flour
- Mashed cooked beans

As Emulsifying Agent:

- Lethicin: 1 Tbsp liquid lecithin