

# Egg Replacers

## 1. Applesauce

Applesauce is a purée made from cooked apples.

It's often sweetened or flavored with other spices like nutmeg and cinnamon.

Using one-fourth cup (about 65 grams) of applesauce can replace one egg in most recipes.

It's best to use unsweetened applesauce. If you're using a sweetened variety, you should reduce the amount of sugar or sweetener in the recipe itself.

### **SUMMARY:**

Unsweetened applesauce is a great substitute for eggs in most recipes. You can use one-fourth cup (about 65 grams) to replace one egg.

## 2. Mashed Banana

Mashed banana is another popular replacement for eggs.

The only downside to baking with bananas is that your finished product may have a mild banana flavor.

Other puréed fruits like pumpkin and avocado work too and may not affect the flavor as much.

Whichever fruit you choose to use, you can replace each egg with one-fourth cup (65 grams) of purée.

Baked goods made with puréed fruits may not brown as deeply, but they will be very dense and moist.

This substitution works best in cakes, muffins, brownies and quick breads.

#### **SUMMARY:**

You can use mashed banana or other fruits like pumpkin and avocado to replace eggs. Use one-fourth cup (65 grams) of fruit puree for each egg you want to replace.

## **3. Ground Flaxseeds or Chia Seeds**

Flaxseeds and chia seeds are both tiny seeds that are highly nutritious.

They are high in omega-3 fatty acids, fiber and other unique plant compounds. You can grind the seeds yourself at home or buy ready-made seed meal from the store.

To replace one egg, whisk together 1 tablespoon (7 grams) of ground chia or flaxseeds with 3 tablespoons (45 grams) of water until fully absorbed and thickened.

Doing so may cause baked goods to become heavy and dense. Also, it may result in a nuttier flavor, so it works best in products like pancakes, waffles, muffins, breads and cookies.

#### **SUMMARY:**

Ground flaxseeds and chia seeds make great egg substitutes. Mixing 1 tablespoon (7 grams) of either with 3 tablespoons (45 grams) of water can replace one egg.

## 5. Silken Tofu

Tofu is condensed soy milk that has been processed and pressed into solid blocks.

The texture of tofu varies based on its water content. The more water that is pressed out, the firmer the tofu gets.

Silken tofu has a high water content and is, therefore, softer in consistency.

To replace one egg, substitute one-fourth cup (about 60 grams) of puréed, silken tofu.

Silken tofu is relatively flavorless, but it can make baked goods dense and heavy, so it's best used in brownies, cookies, quick breads and cakes.

### **SUMMARY:**

Silken tofu is a great substitute for eggs, but may lead to a heavier, denser product. To replace one egg, use one-fourth cup (about 60 grams) of puréed tofu.

## 8. Arrowroot Powder

Arrowroot is a South American tuber plant that is high in starch. The starch is extracted from the roots of the plant and sold as a powder, starch or flour.

It resembles corn starch and is used in cooking, baking and a variety of personal and household products. You can find it at many health food stores and online.

A mixture of 2 tablespoons (about 18 grams) of arrowroot powder and 3 tablespoons (45 grams) of water can be used to replace one egg.

**SUMMARY:** Arrowroot powder is a great replacement for eggs. Mix 2 tablespoons (about 18 grams) of it with 3 tablespoons (45 grams) of water to replace one egg.

## 9. Aquafaba

Aquafaba is the liquid left over from cooking beans or legumes.

It's the same liquid that is found in canned chickpeas or beans.

The liquid has a very similar consistency to that of raw egg whites, making it an excellent substitution for many recipes.

You can use 3 tablespoons (45 grams) of aquafaba to replace one egg.

Aquafaba works especially well in recipes that call for just egg whites, such as meringues, marshmallows, macaroons or nougat.

### **SUMMARY:**

Aquafaba is the liquid found in canned beans. You can use 3 tablespoons (45 grams) of it as a substitute for one whole egg or one egg white.

## 10. Nut Butter

Nut butters like peanut, cashew or almond butter can also be used to substitute eggs in most recipes.

To replace one egg, use 3 tablespoons (60 grams) of nut butter.

This may affect the flavor of your finished product, and it's best used in brownies, pancakes and cookies.

You should also make sure to use creamy nut butters, rather than chunky varieties, so that everything mixes properly.

**SUMMARY:**

You can use 3 tablespoons (60 grams) of peanut, cashew or almond butter for each egg you want to replace. However, it may result in a nuttier flavor.

## 11. Carbonated Water

Carbonated water can add moisture to a recipe, but it also acts as a great leavening agent.

The carbonation traps air bubbles, which help make the finished product light and fluffy.

You can replace each egg with one-fourth cup (60 grams) of carbonated water.

This substitution works great for cakes, cupcakes and quick breads.

**SUMMARY:**

Carbonated water makes a great egg replacement in products that are meant to be light and fluffy. Use one-fourth cup (60 grams) of it to replace each egg.

## 12. Agar-Agar

Agar-agar is a vegan alternative for gelatin, obtained from a type of seaweed or algae. It can be found as unflavored powder in most supermarkets and health food stores or online.

You can use 1 tablespoon (9 grams) of agar-agar powder mixed with 1 tablespoon (15 grams) of water to replace one egg.

This replacement should not affect the flavor of your finished product, but may create a slightly stiffer texture.

**SUMMARY:** Mix 1 tablespoon (9 grams) of agar-agar with 1 tablespoon (15 grams) of water.

## 13. Soy Lecithin

Soy lecithin is a by-product of soybean oil and has binding properties similar to that of eggs.

It's frequently added to commercially prepared foods because of its ability to mix and hold ingredients together.

It's also sold in powder form in most health food stores and online.

Adding 1 tablespoon (14 grams) of soy lecithin powder to your recipe can replace one egg.

**SUMMARY:** 1 tablespoon (14 grams) of soy lecithin can be used to replace one whole egg or one egg yolk in most recipes.

## What If a Recipe Calls for Egg Whites or Yolks?

The ingredients shared in this article are great substitutes for whole eggs, but some recipes call for just egg whites or egg yolks.

Here are the best replacements for each:

- **Egg whites:** Aquafaba is the best option. Use 3 tablespoons (45 grams) for each egg white you want to replace.
- **Egg yolks:** Soy lecithin is a great substitute. You can replace each large egg yolk with 1 tablespoon (14 grams).

#### **SUMMARY:**

Aquafaba is a great substitute for egg whites, whereas the best substitute for egg yolks is soy lecithin.

## **The Bottom Line**

Eggs contribute to the overall structure, color, flavor and consistency of baked goods.

Unfortunately, some people cannot eat eggs, or simply choose not to. Fortunately, plenty of foods can replace eggs in baking, though not all of them act the same way.

Some egg alternatives are better for heavy, dense products, while others are great for light and fluffy baked goods.

You may need to experiment with various egg alternatives to get the texture and flavor you desire in your recipes.