

# EGG SUBSTITUTIONS

IF YOU HAVE AN EGG  
ALLERGY OR JUST WANT TO  
GO PLANT-BASED, YOU HAVE  
OPTIONS!!



THERE ARE MANY FRESH OR FROZEN STORE-BOUGHT  
EGG SUBSTITUTE OPTIONS, BUT MAKE SURE TO READ  
YOUR LABELS!



SOY



WHEAT

STORE-BOUGHT  
SUBSTITUTES MAY  
CONTAIN ONE OR  
MORE OF THESE\*



IF YOU WANT TO  
REPLACE EGG IN MEALS  
SUCH AS BREAKFAST  
BURRITOS OR FRIED  
RICE, YOU CAN USE  
TOFU (SOY) OR SEITAN  
(WHEAT)\*

\*JUST DON'T REPLACE ONE ALLERGEN FOR  
ANOTHER!



## FOR COOKIES OR BARS

### MAKE A "FLAX EGG"

Mix 1 Tbsp of ground flax seeds with 3 Tbsp of water.

## FOR CAKES

### MAKE A LEAVENING POWDER

Mix any acid (like lemon juice) with baking powder. Science!

## FOR OTHER BAKED GOODS

### REPLACE 1 EGG WITH:

1/4 cup mashed banana OR 1/4 cup unsweetened apple  
sauce and 1/2 tsp baking powder.



## FOR REPLACING EGG WHITES IN MERINGUES, FOAMS OR SOUPS

### USE AQUAFABA

2 Tbsps of water from a can  
of chickpeas is equivalent  
to one egg white. It can be  
whipped into a foam!