

# HOW TO SUBSTITUTE EGGS ON A VEGAN DIET



Depending on the recipe and desired texture, eggs can be replaced in various ways. Here are a few common egg substitutes:

## **1 UNSWEETENED APPLESAUCE:**

Use 1/4 cup of applesauce for each egg called for in the recipe.

## **2 MASHED BANANA:**

Use 1/4 cup of mashed banana for each egg called for in the recipe.

## **3 VEGAN YOGURT:**

Use 1/4 cup of yogurt for each egg called for in the recipe.

## **4 SILKEN TOFU:**

Use 1/4 cup of blended silken tofu for each egg called for in the recipe.

## **5 CHIA SEEDS:**

Mix 1 tablespoon of chia seeds with 3 tablespoons of water for each egg called in the recipe. Use ground chia seeds if you don't like chia texture.

## **6 FLAXSEED MEAL:**

Mix 1 tablespoon of flaxseed meal with 3 tablespoons of water for each egg called for in the recipe. Let sit for a few minutes to thicken.

## **7 AQUAFABA:**

The liquid from a can of chickpeas can be whipped to create an egg white replacement. Use 3 tablespoons of aquafaba for each egg white called for in the recipe.

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## FOR BAKING

MASHED BANANAS OR APPLESAUCE ARE A PERFECT EGG SUBSTITUTION FOR BAKING RECIPES. IN MY SIMPLE VEGAN BANANA BREAD RECIPE, I USE BOTH.



CHIA OR FLAX SEEDS (AS I DID IN MY PERFECT BROWNIES RECIPE) MIXED WITH WATER CAN ALSO BE USED AS AN EGG REPLACEMENT IN BAKING RECIPES.





## FOR BINDING

FOR BINDING IN A VEGAN MEATLOAF OR MEATBALL RECIPE, LEGUMES, BREAD CRUMBS, GROUND NUTS, SEEDS, OR ROLLED OATS CAN BE USED AS AN EGG SUBSTITUTE.





## AQUAFABA

THE LIQUID FROM A CAN OF CHICKPEAS CAN BE WHIPPED TO CREATE AN EGG WHITE REPLACEMENT. I USED AQUAFABA IN MY PAVLOVA.



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