

## Egg Replacers

### Ener-G Egg Replacer:

Ingredients: Potato Starch, tapioca starch flour, leavening (calcium lactate- not made from dairy, calcium carbonate, citric acid), sodium carboxymethylcellulose, methylcellulose

Website: [www.ener-g.com](http://www.ener-g.com)

### Bob's Red Mill Egg Replacer:

Ingredients: whole soy flour, wheat gluten, corn syrup solids, algin (from algae)

Website: [www.bobsredmill.com](http://www.bobsredmill.com)

\*Note: Always check the food label as the ingredients may change.

### Egg Replacement Options

#### 1 egg is equal to:

- 2 tablespoons potato starch
- 1/4 cup mashed potatoes
- 1/4 cup canned pumpkin or squash
- 1/4 cup puréed prunes
- 2 tablespoons water + 1 tablespoon oil + 2 teaspoon baking powder
- 1 tablespoon ground flax seed simmered in 3 tablespoons water
- 1 tablespoon soy milk powder + 1 tablespoon cornstarch + 2 tablespoons water
- 1 tablespoon of flaxseed oil + 1/4 cup of banana or applesauce + 1/4 cup of tofu
- 1 tablespoon arrowroot, 1 tablespoon soya flour and 2 tablespoons water
- 2 tablespoons flour + 1/2 tablespoon shortening + 1/2 teaspoon baking powder + 2 teaspoons water
- 1 tablespoon plain agar powder dissolved in 1 tablespoon water, whipped, chilled, and whipped again
- 2 tablespoons cornstarch
- 2 tablespoons arrowroot flour
- 1 heaping tablespoon soy powder + 2 tablespoon water
- 1 tablespoon milled flax seed + 3 tablespoon water – use for light, fluffy cakes!
- 1 tablespoon water + 1/2 tablespoon of oil + 1 tablespoon baking powder
- 1 tablespoon gram (chick pea) or soya flour + 1 tablespoon water
- 1/2 large banana, mashed
- 1 banana - use in cakes.

**Tofu:** Tofu is a great egg substitute in recipes that call for a lot of eggs, like quiches or custards. To replace one egg in a recipe, purée 1/4 cup soft tofu. Keep in mind that tofu doesn't fluff up like eggs, but it does create a texture that is perfect for "eggy" dishes. Tofu can also be used instead of eggs in [eggless egg salad](#), [breakfast scrambles](#), and meatloaf. Be sure to use plain tofu, not seasoned or baked.

## Homemade Egg Substitute Recipe

To replace 2 whole eggs, sift together:

- 1 tablespoon tapioca or corn starch
- 1 tablespoon potato starch
- 1/4 teaspoon baking powder
- 1/8 teaspoon xanthan gum

Add 1/2 cup water and 2 tsp oil. Whisk until completely mixed and somewhat frothy. This egg replacement works well in delicate, light-colored items like yellow cakes and sweet muffins.

## Flax Goop Recipe

To replace 1 egg, mix together in a small bowl or mug and let sit for a couple of minutes until it gets like jelly:

- 2 tablespoons finely ground flax seeds
- 3 tablespoons water

Flax goop has a nutty flavor that works fine in breads, cookies, bars and brownies. It may not be good for cakes or lighter vanilla-flavored items. It does help with browning, and it provides some omega-3 oils and fiber. **Remember to freeze ground flax**, because it goes bad very quickly (turns rancid) from oxidation of the healthy oils. If you use ground flax seeds, grind them only as you need them.

## Eggs as a Binder

For recipes that use eggs mostly to hold ingredients together, such as drop cookies and breaded meats. Possible substitutes for one egg include:

- 1/2 of a medium banana, mashed
- 1/4 cup of applesauce (or other pureed fruit)
- 3-1/2 tablespoons gelatin blend (mix 1 cup boiling water and 2 teaspoons unflavored gelatin, and then use 3-1/2 tablespoons of that mixture per egg)
- 1 tablespoon ground flax seed mixed with 3 tablespoons warm water; let stand 1 minute before using
- Commercial egg replacement products (see above)
- Soy milk
- Soy dessert - vanilla, chocolate, strawberry...
- Soya cream
- Plain silken tofu
- Sweet white sauce (soya milk, vegan margarine, sugar and corn flour)
- Agar

**Xanthan Gum:** Xanthan gum can be added to egg-free cakes and cookies, and milk-free ice cream, to bind and add texture. Use about one teaspoon per recipe. Xanthan gum is a white powder that comes from the exoskeleton of a bacterium. It is cultivated on corn sugar.