

Egg Substitutes

A summary of different egg substitutes you can use in different situations for baking & cooking. Useful for making egg-free or vegan recipes!

The amounts below will replace **one egg**.

<p>Bicarbonate of soda:</p> <p>Combine bicarbonate of soda (baking soda) with 1 tbsp vinegar or lemon juice.</p>	<p>Method: Unless you are confident in making changes to recipes I would only use this substitute in recipes which have been specifically developed using it. These types of recipe are easy enough to find by googling!</p> <p>Best for: chocolate cakes, other fluffy layer cakes and cupcakes, pancakes</p>
<p>Flaxseed or chia seed:</p> <p>Combine 1 tbsp ground flaxseed or chia seeds with 3 tbsp warm water and set aside for 5 minutes until thickened.</p>	<p>Method: Mix the flaxseed and water together in a small bowl and set aside until the mixture becomes slightly thick and gelatinous (around 5 minutes). You can now use it in your recipe as you would an egg.</p> <p>Works best for: Muffins, cakes, quick breads, cookies, cornbread</p>
<p>Mashed banana or applesauce:</p> <p>4 tbsp mashed banana or applesauce or pumpkin puree</p>	<p>Method: mash/blend banana until very smooth (use smooth, unsweetened applesauce/pumpkin puree) and mix into recipe as you would an egg.</p> <p>Works best for: heartier bakes such as pancakes/waffles, muffins, quick breads</p>
<p>Greek yoghurt or soy yoghurt:</p> <p>4 tbsp Greek yoghurt (or soy yoghurt)</p>	<p>Method: use as you would an egg in your recipe.</p> <p>Works best for: quick breads, muffins, pancakes</p>
<p>Chickpea flour:</p> <p>Combine 1 tbsp chickpea flour with 3 tbsp water.</p>	<p>Method: use as you would an egg in your recipe.</p> <p>Works best for: quick breads, muffins, pancakes</p>
<p>Oats:</p> <p>Combine 2tbsp oats (fine/instant/quick-cook oats work best here) with 3 tbsp boiling water. Set aside for 5 minutes to thicken.</p>	<p>Method: Place the oats in a small bowl, cover with the boiling water and set aside until thickened and cooled. This mixture can then be blended into a smooth paste if having a slightly oaty texture in the finished bake isn't desired.</p> <p>Best for: cookies, muffins, quick breads, pancakes/waffles</p>
<p>Silken tofu:</p> <p>4 tbsp silken tofu</p>	<p>Method: blend with a hand blender, food processor or blender until smooth. Measure and then mix into your recipe as you would an egg.</p> <p>Best for: cakes, muffins, quick breads, quiche (in combo with chickpea flour), scrambled egg</p>
<p>Cornstarch (or potato starch or tapioca starch)</p> <p>Combine 1 tbsp cornstarch (or potato starch/tapioca starch) with 3 tbsp water.</p>	<p>Method: mix in a small bowl to form a slurry. If using in something that gets baked (like a cake), just stir straight into the batter/dough. If using for custards/pie fillings, mix with the remaining liquid in the recipe and then cook on the stove over a low heat, stirring until thickened.</p> <p>Best for: custards (ice cream, creme patissiere, pudding), pie fillings (e.g. pecan pie), lemon curd</p>