



# EGG SUBSTITUTIONS

## FROM FOOD STORAGE MOMS

- 1. Applesauce:** 1/4 cup of Applesauce = one egg
- 2. Arrowroot:** 2 tablespoons of Arrowroot powder with 3 tablespoons of water = one egg
- 3. Aquafaba:** Three tablespoons of Aquafaba = one whole egg. Two tablespoons = one egg white.
- 4. Buttermilk or Yogurt:** 1/4 cup of buttermilk or yogurt = one egg
- 5. Carbonated Water:** 1/4 cup of carbonated water = one egg
- 6. Chia Seed or Ground Chia:** 3 tablespoons boiling water plus 1 tablespoon Chia seed, mix together and let sit 15 minutes = one egg
- 7. Ground Chia:** 3 tablespoons boiling water plus 2 teaspoons ground Chia seed, mix together and let sit 15 minutes = one egg
- 8. Gelatin:** 1 tablespoon of gelatin and one tablespoon of water = one egg
- 9. Ground Flaxseed:** 1 tablespoon of ground Flaxseed = one egg
- 10. Mashed Bananas:** 1/4 cup of mashed bananas = one egg
- 11. Mashed Potatoes:** 1/4 cup of mashed potatoes, or 2 tablespoons of instant mashed potatoes that have been rehydrated = one egg
- 12. Nut Butter:** 3 tablespoons of nut butter (non-crunchy) = one egg
- 13. Silken Tofu:** 1/4 cup of whipped or mashed silken tofu = one egg
- 14. Soy Lecithin:** one tablespoon of soy lecithin = one egg
- 15. Vegetable Oil, Water, and Baking Powder:** 2 tablespoons of water, 1 tablespoon of vegetable oil, and 2 teaspoons of baking powder = one egg
- 16. Vinegar and Baking Soda:** one teaspoon of baking soda and one tablespoon of vinegar = one egg