

# Egg Substitutes: Handy Recipe List



## Measuring Cups & Eggs

If you run out of eggs while baking, an egg substitute is a quick fix since chances are you have something in the pantry that you can use. You may also find need for an egg substitute if you're baking a cake for someone with allergies or if someone is vegan. Using an egg substitute may affect the taste or texture of the final product.

I do have a running list of [Handy Substitute Recipes For Baking](#) but decided to make a separate post just for egg substitutes & replacers since I have so many.

## Egg Substitute Recipes (Each replaces one egg)

*\*It's recommended not to replace more than 2 eggs per recipe.*

- 1 tsp baking powder + 1 1/2 TBS water + 1 1/2 TBS oil
- 1 tsp baking powder + 1 TBS water + 1 TBS vinegar
- 2 TBS water or milk + 2 TBS flour + 1/2 TBS shortening + 1/2 tsp baking powder
- 1 TBS vinegar + 1 tsp baking soda
- 2 TBS lemon juice + 1 tsp baking soda
- 1 TBS cornstarch + 3 TBS water for each missing egg
- 2 TBS arrowroot flour
- 2 TBS potato starch
- 1 TBS tapioca starch + 1/4 cup warm water (mix well & allow to gel a bit before using)
- 1 tsp yeast dissolved in 1/4 cup warm water
- 1/2 banana, mashed (medium size) + 1/4 tsp baking powder
- 2 TBS applesauce
- 3 TBS mayonnaise

## Flax Seed Egg Replacer

*\*Replacer for 1 egg*

- 1 TBS flax seed (ground)
- 3 TBS water

- Method #1: Simmer together on top of stove for about 5 minutes until the consistency reaches a thick, egg-white like consistency.
- Method #2: Blend ingredients together in a blender or food processor until the mixture is thick and creamy. Refrigerate.

### **Homemade Egg Substitute**

\*1/4 cup = 1 large egg

6 egg whites

1/4 cup dry milk powder (non-fat)

1 TBS vegetable oil

- Mix all ingredients together and blend until smooth, refrigerate. Can be frozen.

### **Replacer For Egg Substitute:**

- Some low fat or low cholesterol recipes call for a commercial egg substitute. If you don't have any on hand or wish to cook with fresh eggs instead, 1 fresh egg = 1/4 cup of egg substitute.