

EGG SUBSTITUTES FOR BAKING



NO EGGS? NO PROBLEM! TRY THESE EASY SWAPS:



Ripe Banana

1/4 cup mashed banana per egg

Best for: moist cakes, muffins, pancakes



Unsweetened Applesauce

1/4 cup per egg

Best for: cakes, muffins, quick breads



Chia/Ground Flax Seeds

1 tbsp. seeds + 3 tbsp. water (let sit for 5-10 min) per egg

Best for: breads, cookies, pancakes



Aquafaba (Chickpea Water)

3 tbsp. whipped aquafaba per egg

Best for: meringues, brownies, cookies



Nut Butters (Peanut, Almond, etc.)

3 tbsp. per egg

Best for: brownies, cookies, dense baked goods



Yogurt (Dairy or Non-Dairy)

1/4 cup per egg

Best for: muffins, cakes



Baking Powder + Water + Oil

2 tsp. baking powder + 2 tbsp. water + 1 tbsp. oil per egg

Best for: light and fluffy cakes



Carbonated Water

1/4 cup per egg

Best for: light-textured baked goods



CHOOSE THE RIGHT SUBSTITUTION



For moisture: Use applesauce, banana, or yogurt.



For binding: Use chia/flax eggs, or nut butters.



For leavening: Use baking powder mix or carbonated water.



For airy textures: Use aquafaba or carbonated water.



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