

Eggs serve different roles in recipes—binding, leavening, and adding moisture. Whether you're vegan, allergic to eggs, or just ran out, these substitutes can help you achieve great results. Below is a quick-reference guide to replacing eggs in cooking and baking.

Flaxseeds & Chia Seeds

- **1 egg = 1 Tbsp ground flax or chia + 3 Tbsp water** (let sit 5-10 min).
- **Purpose:** Binding.
- **Best for:** Cookies, pancakes, quick breads, veggie burgers, breading.
- **Notes:** Flaxseeds add a subtle earthy flavor.

Fruit & Veggie Purees

- **1 egg = ¼ cup puree** (applesauce, mashed banana, or pumpkin).
- **Purpose:** Moisture and binding.
- **Best for:** Cakes, brownies, muffins.
- **Notes:** Adds moisture but makes bakes denser; add ¼ tsp baking powder for extra rise.

Nut Butters

- **1 egg = 3 Tbsp nut butter** (almond, peanut, cashew).
- **Purpose:** Binding and moisture.
- **Best for:** Cookies, brownies, pancakes.
- **Notes:** Adds richness; works well with chocolate-based recipes.

Mashed Avocado

- **1 egg = ¼ cup mashed avocado**
- **1 egg yolk = 1 Tbsp mashed avocado.**
- **Purpose:** Moisture and richness.
- **Best for:** Brownies, chocolate cake, quick breads, mayo, chocolate mousse.
- **Notes:** Creates a moist, rich texture; may add slight green tint.

Silken Tofu

- **1 egg = ¼ cup blended silken tofu.**
- **Purpose:** Binding and moisture.
- **Best for:** Brownies, dense cakes, quiches, custard like desserts, creamy sauces.
- **Notes:** Neutral flavor; adds moisture but makes baked goods heavier.

Firm Tofu

- **Use crumbled firm tofu in place of scrambled eggs.**
- **Purpose:** Texture and protein.
- **Best for:** Scrambles, breakfast dishes, egg salads.
- **Notes:** Season with black salt (kala namak) for an eggy taste.

Vegan Yogurt & Buttermilk

- **1 egg = ¼ cup plain vegan yogurt or buttermilk.**
- **Purpose:** Moisture and binding.
- **Best for:** Muffins, cakes, pancakes, waffles, mayo.
- **Notes:** To make buttermilk, mix 1 Tbsp vinegar/lemon juice with 1 cup plant milk.

Baking Powder + Water + Oil

- **1 egg = 2 tsp baking powder + 2 Tbsp water + 1 tsp oil.**
- **Purpose:** Leavening and moisture.
- **Best for:** Cakes, muffins, and quick breads.
- **Notes:** Provides rise while keeping the texture moist and tender. The double-acting baking powder reacts twice: once when wet, and again when heated.

Baking Soda & Vinegar

- **1 egg = 1 tsp baking soda + 1 Tbsp vinegar.**
- **Purpose:** Leavening.
- **Best for:** Cakes, cupcakes, fluffy pancakes.
- **Notes:** Add baking soda to the dry ingredients, and the vinegar to the wet ones. Mix all the ingredients only just before baking.

Aquafaba

- **1 egg white = 3 Tbsp aquafaba** (liquid from canned chickpeas).
- **Purpose:** Binding and leavening.
- **Best for:** Meringues, macarons, mousses, fluffy cakes.
- **Notes:** Chill and whip for stiff peaks (like egg whites) or use unwhipped in baking.

Store-Bought Egg Replacers

- **Bob's Red Mill & Ener-G:** Powdered mix; great for baking.
- **JUST Egg:** Liquid egg alternative for scrambles, omelets, and baking.
- **WunderEggs:** Hard-boiled egg substitute for salads and snacking.
- And many more.

Happy egg-free cooking and baking!