




EGG SUBSTITUTES


EVERYTHING YOU NEED TO KNOW ABOUT SUBSTITUTING EGGS IN YOUR COOKING




CHIA SEEDS

 **1 Tbsp + 1/4 cup water**
Works best in: Muffins, cakes slices, waffles, pancakes, cookies.


PUMPKIN PUREE

 **1/3 cup**
Works best in: dense baking - brownie, cookies, biscuits


CHICKPEA FLOUR

 **3 Tbsp + 3 Tbsp water**
Works best in: pastry, cookies, quiche


FLAXSEEDS

 **1 Tbsp + 1/4 cup water**
Works best in: Muffins, cakes slices, waffles, pancakes, cookies.


APPLE PUREE

 **1/3 cup**
Works best in: dense baking - brownie, cookies, biscuits


TAPIOCA / CORNSTARCH

 **2 Tbsp + 3 Tbsp water**
Works best in: Desserts, custards, meatballs, burger patties (don't add water for burger / meatballs)


GELATIN

 **1 Tbsp + 1/4 cup water**
Works best in: Muffins, waffles, desserts / custards


BANANA

 **1/3 cup - mashed**
Works best in: dense baking - brownie, cookies, biscuits


YOGHURT

 **1/4 cup**
Works best in: waffles, pancakes, muffins


BAKING POWDER

 **2 tsp + 2 Tbsp water + 1 Tbsp oil**
Works best in: Muffins, cakes, slices, waffles, pancakes, cookies, loaves

NUT BUTTER

 **3 Tbsp**
Works best in: dense baking - brownie, cookies, biscuits

AQUAFABA (CHICKPEA BRINE)

 **1/4 cup for every egg / egg white**
Works best in: Muffins, waffles, pancakes, cakes, meringue, mousse

Egg usually plays two roles in baking, to help it rise, and to bind a mixture. Most of these substitutes help with the binding, but you will still need to add something to help with the rise. Anything from 1 -3 tsp baking powder, OR up to 1 tsp baking soda (but usually 1/3 tsp at a time) + 1 tsp vinegar for every 1/3 tsp of baking soda. When you add the baking powder or soda, do it at the very end, as it will start to rise straight away and you don't want to knock the rise out by over-mixing it.



Thankfully I have taken all the guess work out of what to use and already provide appropriate egg substitutes in my recipes. Find them: WWW.CHEFASHTON.COM