

EGG SUBSTITUTES

ONE (1) egg equals any one of the following:

- Ener-G Egg Replacer - follow directions on box.
- 2 tbsp corn starch
- 2 tbsp arrowroot flour
- 2 tbsp potato starch
- 1 heaping tbsp soy powder + 2 tbsp water
- 1 tbsp soy milk powder + 1 tbsp cornstarch + 2 tbsp water
- 1 mashed banana = 1 egg in cakes or muffins.
- 2 Tbs. Flour + 1/2 tsp. Oil + 1/2 tsp. baking powder + 2 Tbs. liquid
- 2 Tbs. Water + 1 Tbs. Oil + 1/2 tsp. baking powder
- 1 Tbs. flaxseed (ground in coffee mill) + 3 Tbs. warm water
- 1 Tbs. gelatin or fruit pectin + 3 Tbs. warm water

Yogurt, mashed banana, applesauce, pumpkin, or other pureed fruit or vegetables are good replacements for eggs in muffins or cakes.

To replace eggs in casseroles, burgers, or loaves try mashed vegetables, tahini (sesame seed butter), nut butters, or rolled oats.