

EGG INGREDIENT SWAPS USED IN BAKING

Eggs replacement	Best used in	Equivalencies	Notes
Aquafaba (canned chickpea water)	Meringues, ice creams, macarons, whip topping, cookies	1 egg yolk = 1 tbsp. aquafaba 2 egg whites = 2 tbsp. aquafaba 1 whole egg = 3 tbsp. aquafaba	-Can be frothed using a hand mixer
Bob Redmill's Egg Replacement ®	Good for all baked goods	1 egg = 1 tbsp. + 2 tbsp. water	-Follow package instructions
Chia seeds	Cakes, cookies, quick breads, muffins, pancakes	1 egg = 1 tbsp. Chia seeds + 3 tbsp. water	-Let sit for 10 minutes to thicken
Chickpea flour	Scones, cookies and biscotti	1 egg = 3 tbsp. Chickpea flour + 3 tbsp. water	-Make it into a paste -Great as a rising and binding agent
Cornstarch	Pies, cheesecakes, custards	1 egg = 2 tbsp. Cornstarch + 3 tbsp. water	-great for creamy recipes like pumpkin pie or cheesecakes
Flaxseed (ground)	Muffins, cookies, whole grain baked treats, breads, pancakes	1 egg = 1 tbsp. Flaxseed + 3 tbsp. water	-Let sit for 5 minutes to thicken -It may have a nutty, granola taste, affecting the flavour of some baked goods
Ripe banana	Cakes, pancakes, brownies, pound cakes, muffins	1 egg = 1 medium ripe banana	-Increases density, so add more rising agent (such as baking powder)
Silken tofu	Cheesecakes, cakes, brownies, ice cream, pudding, creamy pies	1 egg = ¼ cup silken tofu	-Use a blender to make it smooth and creamy -Will make cakes and brownies dense -Will increase moisture
Silken tofu + cornstarch	Cookies	1 egg = ¼ cup silken tofu + 1 tsp tapioca starch	-Tapioca starch will help to keep cookies from being too fluffy
Tapioca starch	Sauces, puddings	1 egg = 1 tbsp. tapioca starch + 3 tsp water	-Good binding agent