

# Egg Free Baking Chart

Replaces 1 egg	Provides Moisture	Provides Binding	Provides leavening	Strengthens Gluten	Notes
3 Tbsp unsweetened applesauce	Yes	Yes	No	Neutral	Fat free, low calorie, low cost, shelf stable, readily available, no taste residual in product, adds fiber to diet.
3 Tbsp unsweetened applesauce + 1 tsp baking powder* per cup of flour	Yes	Yes	yes	Yes	Ideal for quick breads where an egg performs all 3 functions in a recipe
2 Tbsp Ground flax seed + 3 Tbsp water	Yes	Yes	no	Neutral	Mix ground flax & water, let set 5-10 minutes until it forms a gel then add to recipe. Good source of Omega-3. Might be seen in final product.
2 Tbsp chia seed + 3 Tbsp water	Yes	Yes	no	Neutral	Mix chia seeds & water, let set 5-10 minutes until it forms a gel then add to recipe. Good source of Omega-3. Might be seen in final product.
2 Tbsp arrowroot or potato starch + 3 Tbsp warm water	Yes	Yes	No	Weakens	Mix well & allow to gel a bit before using.
1 Tbsp tapioca or corn starch + 3 Tbsp warm water	Yes	Yes	No	Weakens	Mix well & allow to gel a bit before using.
3 Tbsp pureed Navy beans	Yes	Yes	No	Neutral	Overcooking the navy beans & pureeing while warm makes the beans very creamy.
3 Tbsp mashed/pureed banana	Yes	Yes	No	Weakens	You may taste the banana in the finished product which might not be desirable. Sugar might weaken gluten.
3 Tbsp Plant Based Mayonnaise	Yes	Yes	No	Weakens	It is high in fat & calories which may not be desired. May make a product too tender and feel dense. Mayo is essentially oil & vinegar so could try 2 Tbsp oil + 1 Tbs vinegar.
3 Tbsp Plant Based Yogurt	Yes	Yes	No	Weakens	It is higher in calories which may not be desired. May make a product too tender and feel dense. May contain sugar which will weaken gluten.
3 Tbsp pureed Mori Nu	Yes	Yes	No	Neutral	May make a product too tender and feel dense.
3 Tbsp pureed refrigerated tofu	Yes	Yes	No	Neutral	May make a product too tender and feel dense. May be able to taste the tofu which will not be desired.

3 Tbsp shredded zucchini	Yes	Yes	No	Weakens	If unpeeled will see the green in the finished product. Moisture from zucchini will weaken gluten.
3 Tbsp cooked mashed sweet potato or pumpkin	Yes	Yes	No	Weakens	May alter the color of the finished product. Sugar may weaken gluten.
3 Tbsp cooked mashed potato	Yes	Yes	No	Neutral	May make the product feel dense.
3 Tbsp mashed/pureed avocado	Yes	Yes	No	Weakens	You may taste the avocado in the finished product & it is high in fat & calories which may not be desired. Fat may weaken gluten.
3 Tbsp mashed/pureed avocado + 1 tsp baking powder* per cup of flour	Yes	Yes	No	Weakens	You may taste the avocado in the finished product & it is high in fat & calories which may not be desired. Fat may weaken gluten.
2 tbsp water + 1 tbsp oil + 1-2 tsp baking powder	Yes	No	Yes	Weakens	Adds fat where needed for tenderizing. Use only 1 tsp baking powder per cup of flour in recipe.
3 tbsp aquafaba	Yes	No	Limited	Neutral	Shake a can of chickpeas and the liquid drained is aquafaba. Provides some fat to tenderize.
Salt	No	No	No	Yes	
Sugar	No	No	No	Weakens	

**Notes:** Eggs perform 6 different functions. Four of these functions are leavening agent, strengthen gluten to provide structure, binder or source of moisture.

An egg is 12% fat. Most egg substitutes do not replace this fat content. Leavening strengthens gluten. Strong gluten is needed for leavening but too much makes the product tough/not soft.

To add the leavening function of an egg to ANY of the above egg substitutes, additionally use ½ to 1 tsp baking powder per cup of flour. However, test the product before making a big batch because it is easy to use too much baking soda/powder and cause a bitter taste in the product.

\*-note, can also use 1 tsp baking soda & 1 Tbsp vinegar or lemon or lime juice in lieu of the baking powder