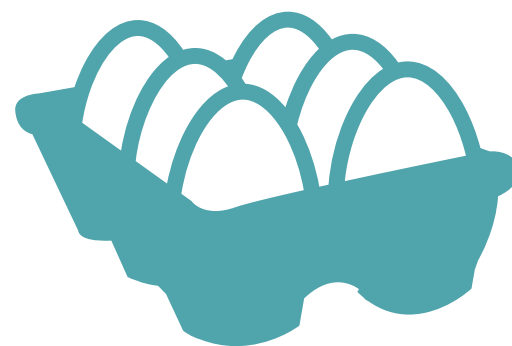


# HOW TO MAKE

# EGG



# SUBSTITUTIONS

Purpose of Egg in the Recipe	How to Make Substitutions (T=Tablespoon, t= teaspoon)
Leavening:	<ul style="list-style-type: none"><li>• ¼ cup carbonated water</li><li>• 2 T water + 1 T oil + 2 t baking powder<ul style="list-style-type: none"><li>• 1 T vinegar + 1 t baking soda</li><li>• 2 T lemon juice + 1 t baking soda</li></ul></li></ul>
Binding:	<ul style="list-style-type: none"><li>• 1 T flaxseed meal or ground chia seed + 3 T water, sit 15 minutes</li><li>• 1 T gelatin/agar agar + 1 T water, sit 15 minutes (gelatin-based desserts)<ul style="list-style-type: none"><li>• 3 T nut or seed butter</li></ul></li><li>• 2 T mashed potato or sweet potato<ul style="list-style-type: none"><li>• 2 T tomato paste</li><li>• 2T mayo</li></ul></li><li>• 2 T starch (corn, potato, tapioca starch or arrowroot powder) + 3 T water<ul style="list-style-type: none"><li>• 1 T soy protein powder + 3 T water</li></ul></li><li>• ¼ cup pureed soft tofu or full fat yogurt</li><li>• 3 T canned bean liquid (1 egg or egg whites)<ul style="list-style-type: none"><li>• 1 T soy lecithin (1 egg or egg yolk)</li></ul></li></ul>
Moisture:	<ul style="list-style-type: none"><li>• ¼ cup unsweetened applesauce or fruit puree<ul style="list-style-type: none"><li>• ¼ cup mashed banana or avocado</li><li>• 2 T dried fruit + 2 T water, pureed</li></ul></li><li>• ¼ cup buttermilk or milk (dairy or non-dairy)<ul style="list-style-type: none"><li>• ¼ cup sweetened condensed milk<ul style="list-style-type: none"><li>• ¼ cup yogurt or kefir</li></ul></li><li>• ¼ cup pureed silken tofu</li></ul></li></ul>

Compiled by Nutrition and Food Safety Educator, Vicki Hayman



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EXTENSION

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