

# Egg Alternatives For Desserts, Sweets & Baked Goods

Egg Replacer	1 Egg	Information / Perfect For
Silken Tofu	1/4 cup blended	Pies, quick breads, muffins, dense cakes
Apple Sauce	1/3 cup, or, 1/4 cup + 1 tsp baking powder	Muffins, brownies, cakes, bars
Soy Yoghurt	1/4 cup	Muffins, cakes, bars
Ground Flax Seed	1 tbsp + 3 tbsp water	Brownies, cookies, breads
Chia Seed	3 tbsp + 1 tbsp water	Soak for 10 minutes
Bananas	1/4 cup (usually 1/2 banana)	Quick breads, muffins, cakes
Water	1/4 cup	
Vegetable Oil	1/4 cup	
Pureed Fruits	3 tbsps	Cakes, muffins
Vinegar & Baking Powder	Mix 1 tbsps each of white vinegar & water in a glass, add 1 tps baking powder, stir well until mixture blends	Use in cakes, only when you require more than one egg for baking
Potato Starch	2 heaped tbsps	V-burgers
Arrowroot Powder	2 heaped tbsps	
Soy Flour	1 heaped tbsps + 2 tbsp water	Muffins, cookies, cakes
Pumpkin	1/3 cup cooked	Quick breads, muffins, cakes