

# Egg Substitutes

Eggs add color, protein, volume and texture in our cooked and baked goods. Determine the purpose of eggs in a recipe to make suitable replacements. While eggs in their natural state contain no gluten, many who watch gluten intake, also wish to watch dairy intake.

One egg usually serves as a binder. In this case almost any egg substitute will be acceptable.

Two or three eggs in a recipe typically provide leavening. Good examples of egg substitutions for two or more eggs are Ener-G Egg Replacer or Baking Powder mixes.

**Recipes like angel food cake and brownies will usually only work with real eggs.**

## The Substitutes

### Arrowroot

1 egg equals 1 tablespoon arrowroot flour mixed with 3 tablespoons water.

### Baking Powder

Mix #1: 1 heaping tablespoon gluten-free baking powder, 1 heaping tablespoon oil, plus 1 tablespoon warm water.

Mix #2: 1 heaping tablespoon gluten-free baking powder, 1 tablespoon apple cider vinegar, plus 1 tablespoon warm water. **Note:** When you use apple cider vinegar internally, it is important that you use the highest quality vinegar available. Raw organic apple cider vinegar would be the best option, but if you can't find organic, shell out a few extra dollars for a good product.

### Baking without Eggs

In most cases eggs can be eliminated from pancake, waffles, and biscuit recipes.

### Banana

1 egg equals 1/2 large mashed banana or approximately 1/3 cup.

### Cornstarch

1 egg equals 1 tablespoon of cornstarch mixed with 3 tablespoons of water.

### Cookies without Eggs

Omit eggs from recipe. Add 1/4 teaspoon more baking soda, increase liquid (water, milk) a tablespoon per egg and 1/2 to 1 teaspoon more cooking oil. You can further substitute maple syrup for sugar as it acts as a binder. If dough seems too sticky, add a teaspoon of flour at a time until desired consistency is achieved.

**Ener-G Egg Replacer**

Ener-G Egg Replacer works well in most recipes. Can be purchased at natural foods stores or via the Ener-G website.

**Flax-seed**

1 egg equals 1 tablespoon of ground flax-seed to 2 to 3 tablespoons of water. Boil for 10 minutes or use warm water and a blender to mix completely.

**Fruit**

1 egg equals 3 tablespoons pureed fruit (apples, apple butter, apricots, pears, prunes, baby food)

1 egg equals 2 tablespoons fruit juice and increase leavening about 50-percent.

**Gelatin**

1 egg equals 1 teaspoon gelatin dissolved in 3 tablespoons of boiling water. Gel slightly in freezer for approximately 5 minutes. Beat like a regular egg and add to recipe. This adds a texture similar to real eggs.

**Maple Syrup**

For any baked good that calls for both eggs and sugar, omit both and substitute maple syrup. Add half as much syrup as sugar.

**Soy**

1 egg equals 1/4 cup soy milk.

**Tofu**

1 egg equals 1/4 cup ground soft tofu.

**Xanthan Gum**

1 egg white equals 1/4 teaspoon of xanthan gum with 1/4 cup water. Let stand. When thickened this mix can be whipped and used as an egg white.