



Choose the right substitute for the job:

- Is the egg for leavening?
- Is the egg for binding?
- Is the egg for moisture?
- Is the egg for flavour?



# EGG SUBSTITUTES

happy  
tummies

Helping super mums  
raise kids with allergies

## 1 egg equals....

### Chia Seeds

Mix 1 tbsp of freshly ground chia seed with 3 tbsps water (also works with whole seeds). Let it sit for 5 - 10 mins until it gels. Our favourite!

### Banana

Add 1/4 cup mashed ripe banana when banana flavour will work. Can be denser than other substitutes - add extra 1/2 tsp baking powder if desired.

### Silken Tofu

Whip 1/4 cup silken tofu in a food processor until smooth. Great in moist baked goods!

### Flax Seeds

Mix 1 tbsp of freshly ground flax seed with 3 tbsps water. Let it sit for 5 - 10 mins until it gels. Great in biscuits, pancakes, muffins, waffles, bread.

### Apple Sauce

Add 1/4 cup unsweetened apple sauce - can be homemade! Perfect in baked goods, cakes and brownies.

### BP & Oil

Add 2 tps baking powder, 2 tbsps water and 1 tbsp of oil.

### Yoghurt

Use 1/4 cup of safe plain yoghurt of choice. Use dairy, soy or coconut yoghurt. Excellent for adding moisture.

### Organ No Egg

Mix 1 tsp of Organ No Egg with 2 tbsps water. Whisk together until frothy and add. Perfect for egg free beginners and works in most applications.

### Aquafaba

Use 3 tbsps aquafaba (bean water). The new egg substitute on the block!