



25 EGG SUBSTITUTES

for Baking & Cooking

Substitutes	Amount (eq. 1 egg)	Best for
Mashed ripe bananas	¼ cup (4 tbsp)	Cakes brownies bread
Applesauce	¼ cup (4 tbsp)	Cakes brownies
Silken tofu	¼ cup (4 tbsp)	Cakes brownies
Buttermilk	¼ cup (4 tbsp)	Cakes brownies
Yogurt	¼ cup (4 tbsp)	Cakes brownies egg wash
Pumpkin puree	¼ cup (4 tbsp)	Cakes brownies cookies
Condensed milk	¼ cup (4 tbsp)	Cakes cookies egg wash
Prune puree	¼ cup (4 tbsp)	Cakes
Plant-based milk	¼ cup (4 tbsp)	Cakes bread egg wash
Carbonated water	¼ cup (4 tbsp)	Cakes brownies bread
Mashed avocado	2 tbsp to ¼ cup	Cakes brownies
Nut butter (peanut/almond)	3 tbsp	Cakes brownies cookies bars bread
Mayonnaise	3 tbsp	Cakes brownies cookies egg wash
Aquafaba	3 tbsp	Cakes
Gelatin	1 tbsp gelatin + 3 tbsp water	Cakes brownies cookies pizza
Cornstarch	1 tbsp cornstarch + 3 tbsp water	Cakes brownies cookies bread pizza pastries
Oats	2 tbsp oats + 3 tbsp hot water	Cakes cookies bars bread
Arrowroot powder	2 tbsp arrowroot powder + 3 tbsp water	Cakes brownies cookies bread pastries
Meringue powder	2 tbsp meringue powder + 2 tbsp water	Egg wash
Flax or chia seeds	1 tbsp seed and 2 ½ tbsp water	Cakes brownies cookies bars bread pastries
Xanthan powder	¼ tsp xanthan powder + ¼ cup water	Cakes cookies bread
Vinegar + baking soda	½ tsp baking soda + 1 tbsp vinegar	Cakes brownies cookies bread
Agar-agar	1 tbsp agar-agar + 1 tbsp water	Cakes cookies
Commercial egg replacer	Depends on the product (see direction)	Cakes brownies cookies
Chickpea flour	2 tbsp chickpea flour + 2 tbsp water + 1 tsp oil (let it sit for 5 minutes)	Brownies pastries

Note: bread includes quick breads. Cakes include pancakes.