

# EGG SUBSTITUTES FOR BAKING



**NO EGGS? NO PROBLEM! TRY THESE EASY SWAPS:**



## Ripe Banana

1/4 cup mashed banana per egg

*Best for: moist cakes, muffins, pancakes*



## Unsweetened Applesauce

1/4 cup per egg

*Best for: cakes, muffins, quick breads*



## Chia/Ground Flax Seeds

1 tbsp. seeds + 3 tbsp. water (let sit for 5-10 min) per egg

*Best for: breads, cookies, pancakes*



## Aquafaba (Chickpea Water)

3 tbsp. whipped aquafaba per egg

*Best for: meringues, brownies, cookies*



## Nut Butters (Peanut, Almond, etc.)

3 tbsp. per egg

*Best for: brownies, cookies, dense baked goods*



## Yogurt (Dairy or Non-Dairy)

1/4 cup per egg

*Best for: muffins, cakes*



## Baking Powder + Water + Oil

2 tsp. baking powder + 2 tbsp. water + 1 tbsp. oil per egg

*Best for: light and fluffy cakes*



## Carbonated Water

1/4 cup per egg

*Best for: light-textured baked goods*



## CHOOSE THE RIGHT SUBSTITUTION



**For moisture:** Use applesauce, banana, or yogurt.



**For binding:** Use chia/flax eggs, or nut butters.



**For leavening:** Use baking powder mix or carbonated water.



**For airy textures:** Use aquafaba or carbonated water.



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