



Vegan Baking  
**Egg Substitution**



# One Egg is equal to any of the following:

- **Flax meal:** 1 TBSP + 3 TBSP water. Puree in blender. Works best in pancakes, corn/bran muffins, chewy cookies
- **Chia Seeds:** 1 TBSP + 3 TBSP water . Mix and let sit for 15 minutes. Works best in dense cakes
- **Vinegar + Baking Soda:** 1 TBSP vinegar + 1 tsp baking powder. Works best in cakes, muffins and cupcakes
- **Unsweetened applesauce:** ¼ cup. Works best in scones, muffins, Bundt/pound cakes
- **Non-Dairy yoghurt (unsweetened)** ½ cup: best in quick breads, cakes and muffins

# One Egg is equal to any of the following:

- **Pureed veggies (pumpkin or sweet potato)**  $\frac{1}{4}$  cup.  
Works best in quick breads, muffins cookies
- **Mashed banana:** 1 ripe mashed or pureed. Works best in cakes with assertive flavours such as chocolate, ginger or orange
- **Silken Tofu:**  $\frac{1}{4}$  cup blended +  $\frac{1}{4}$  cup vegan milk.  
Works best in dense cakes and brownies. gives them a “fluffy” consistency
- **Aquafaba** – the ultimate egg replacer: used for meringues and savoury dishes (See EVER’s cheat sheet on Aquafaba)