



Egg Substitutions in Vegan Baking

Chickens' eggs perform various functions: binding, leavening, moisture/richness all of which can be replaced with plant-based sources:

Ground Flax Seeds - for each egg, whisk 1 TBL of ground flax-seeds with 3 TBL water in blender or food processor until thick and creamy. It has a nutty flavor works best in waffles, pancakes, bran muffins, breads, oatmeal cookies. It's one of the most concentrated sources of Omega 3 Fatty Acids!

Vinegar and baking Soda - 1 tsp baking soda, 1 TBL vinegar. Used best in cupcakes, cakes, and quick breads.

Ripe Banana - half a mashed/pureed banana for one or two eggs. Good in baking muffins, cakes, pancakes. Don't use though if you don't want banana flavor.

Applesauce - acts as binding agent. $\frac{1}{4}$ cup unsweetened = one egg. Provides binding and moisture.

Silken Tofu - whip $\frac{1}{4}$ cup in blender until smooth and creamy = one egg. Use when you want rich, dense, moist cakes and brownies.

Commercial Egg Replacer Powder - Ener-G Egg Replacer and Bob's Red Mill Egg Replacer. Good to use in cookies.

For Thickening: cornstarch, arrowroot, tapioca flour.

For Glazing: instead of egg wash, use oil, nondairy milk, non dairy butter, olive oil and agave mixture, thinned out light corn syrup.