

Essential Vegan Desserts Course

Replacing Eggs in Baking

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Replacement for 1 Egg	Quantity	Notes
Ener-G Egg Replacer	1 1/2 teaspoons EnerG + 2 tablespoons water per egg	You must whisk to 'egg white' consistency before using. Avoid replacing more than 2 eggs in a recipe. While this is a very popular product, some users report a slight metallic flavor
Gluten Free Vegan Egg Replacer	1 1/2 teaspoons replacer + 2 tablespoons water per egg	From Bob's Red Mill Contains potato starch, tapioca flour, baking soda, and psyllium husk fiber
VeganEgg	4 level tablespoons VeganEgg powder and 3/4 cup cold water replaces 2 eggs	Follow Your Heart Contains algal flour, algal protein, cellulose, modified cellulose, gellan gum, calcium lactate, carrageenan, nutritional yeast and black salt
Applesauce	1/3 or 1/4 cup applesauce + 1 teaspoon baking powder	Adds great moisture to baked goods
Aquafaba	3 tablespoons	Or 2 tablespoons per egg white
Banana	1/2 ripe banana, pureed	Adds great moisture to baked goods
Pumpkin	1/3 cup pumpkin, cooked and pureed	Adds great moisture to baked goods
Silken tofu	1/4 cup puréed silken tofu per egg	Adds density, egg-like mouthfeel and richness
Vegan yogurt	1/4 cup non-dairy yogurt, blend with your liquids	Adds slight acidity, richness and density
Flax or chia seeds	1 tablespoon ground flax seeds or chia seeds + 1/8 teaspoon baking powder + 3 tablespoons water	Whip until gooey. Note that flax and chia bind, but do not compensate for the leavening power of eggs