

Egg Substitutes

Eggs are currently very expensive and may remain that way for many months. The bird flu has destroyed a large number of chickens, and it takes about 6 to 9 months to rebuild a flock.

Here are some substitutes for eggs. Use these in recipes like baked goods and there will be only small differences in flavor or texture.

Egg substitutes for Baked Products: cake, quick breads, muffins and soft cookies

#1. Applesauce – $\frac{1}{4}$ cup equals one egg. This can be used in recipes like cake, muffins and a soft cookie. Adding $\frac{1}{4}$ teaspoon soda will help lighten the product. You can also add 1 teaspoon of additional cooking oil to replace the small amount in an egg. A product like cake or quick bread will be so similar that unless you tell, no one will know.

Using unsweetened applesauce is recommended, because you don't need to adjust any other ingredients, and the taste of the applesauce is considered "neutral."

#2. Banana – over ripe banana, mashed pumpkin or acorn squash. Use $\frac{1}{2}$ a banana or $\frac{1}{3}$ cup of pumpkin and squash.

Great way to use up overripe bananas (freeze them mashed if they are getting too ripe and you can't use them right away).

Be sure to get pumpkin puree NOT pie filling.

#3. Yogurt – Plain unsweetened yogurt – $\frac{1}{4}$ cup replaces one egg. The yogurt keeps well, it has almost no flavor in baked items and is healthy. Whole milk varieties have a little more fat, and in baking that's good! It keeps products moist.

If your family likes to dip raw carrots, broccoli etc. use some of the extra yogurt to make a vegetable dip by adding Ranch Dressing mix.

Egg Replacers for casseroles, sauces and non-sweet food items.

1. Yogurt Whole milk - in a corn bread pie for example, yogurt can replace the eggs: $\frac{1}{4}$ cup per egg.
The same amount could be used in a batter for pancakes, or a batter for coating meats and vegetables.

Egg Substitutes

1. There are two types of egg substitutes on the market. One is simply a cholesterol free product made with egg whites. Its cost is also higher.

2. **Vegan Egg replacements:** these products can be used to replace eggs by following the instructions for the specific product. A vegan egg replacement can be scrambled, and when sautéed peppers or onions are added will be similar to an egg product. Most groceries carry one or two brands.



Highly rated

\$5.39 (\$0.45/ounce)

Bob's Red Mill Egg Replacer - 12oz

Bob's Red Mill

★★★★☆ [147 reviews](#)

SNAP EBT eligible

Only 6 left at State College University Campus

3. One very unique product is Bob's Red Mill Egg replacement. It is packaged as a powder and for any recipe you should follow the package instructions. Target carries this product for about \$5.00 a package. One 12 ounce package will replace 34 eggs. It can be ordered from some mail order sources, however the cost is higher. Ask at your local Target store, they can order for pick up if they are out of the product.

Because this is a unique item: Here is a picture with purchase information. You might need to change your order information to a store located near you. This is for the State College Location.

4. **Aquafaba** is a strange name for the liquid found in a can of garbanzo beans. It can replace eggs in recipes, with a bit of added cream of tartar you can even whip it like egg whites. Shake the can well before opening. Then drain the beans in a colander and catch the liquid. 2 tablespoons equals 1 egg and can be used in any recipe. The beans will make great soups, stews or dips. Freeze any of the remaining aquafaba for later use.