



Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

Egg Alternatives

Alternative	1 egg equals	Comments
Unsweetened applesauce, bananas, prunes or pumpkin / squash	<ul style="list-style-type: none">• ¼ cup of unsweetened applesauce, smashed bananas, puréed prunes or canned or puréed pumpkin or squash• Adding ½ teaspoon of baking powder may help ensure that the recipe is not too heavy.	<ul style="list-style-type: none">• Works well in cakes, bars, cookies, muffins and quick breads.• Not suited to casseroles or savory dishes.• Provides moisture, yet won't help dishes / recipes rise or turn out light and fluffy.
Plain soy yogurt	<ul style="list-style-type: none">• ¼ cup of plain soy yogurt or vanilla soy yogurt	<ul style="list-style-type: none">• Works well in muffins, cake and quick breads. Has a delicious flavour and texture
Buttermilk	<ul style="list-style-type: none">• You can use ready to pour buttermilk or you can make your own using one teaspoon of white or cider vinegar and adding to enough milk to make ¼ cup.	<ul style="list-style-type: none">• Buttermilk is a binder and a leavener which helps cakes, muffins and quick breads rise as well as stay moist.• Works well when making sandwich breads
Tofu	<ul style="list-style-type: none">• Puree ¼ cup of plain tofu. Avoid flavoured tofu. Pureeing the tofu is important to ensure that there are not chunks in the finished product.• Silken Tofu works best.	<ul style="list-style-type: none">• Works best as an egg alternative in dense cakes, muffins, quick breads and pies or quiche. Texture is similar to boiled eggs and can be used as a substitute in omelets and scrambled eggs.
Ground flaxseed	<ul style="list-style-type: none">• Whip 3 tablespoons of very hot water and 1 tablespoon of ground flaxseed. Let stand for a few minutes and the mixture will become very thick like an egg white.	<ul style="list-style-type: none">• Works best in chewy baked goods like brownies and cookies.• Works well in sweet yeast breads such as cinnamon rolls or banana bread.
Potatoes	<ul style="list-style-type: none">• ¼ cup of mashed potatoes or• 2 tablespoons of potato starch	<ul style="list-style-type: none">• Potato starch may increase blood sugar.
Baking powder	<ul style="list-style-type: none">• 2 tablespoons of water, plus 1 tablespoon of oil, plus 2 teaspoons of baking powder.	<ul style="list-style-type: none">• Usually in recipes that are using the ability of eggs to help a recipe rise.
Agar powder	<ul style="list-style-type: none">• 1 tablespoon plain agar powder dissolved in 1 tablespoon of water, whipped, chilled and whipped again	<ul style="list-style-type: none">•

Notes:

- Commercial egg-replacers may be available, but watch out for chemicals and fillers. Egg-replacers are not suited for scrambled eggs or omelets.
- It is more difficult to use egg alternatives in recipes that call for a lot of eggs. Instead, choose a recipe with a similar taste but fewer eggs, which will be easier to replicate.
- If you're looking for an egg replacer that binds, try adding 2 to 3 tablespoons of any of the following for each egg: tomato paste, potato starch, arrowroot powder, whole wheat flour, mashed potatoes, mashed sweet potatoes or ¼ cup tofu puréed with 1 tablespoon of flour.
 - Tips on raising agents: add self-rising flour; add extra oil and a raising agent (e.g. baking powder); use about 2 heaped tsp of baking powder per cake; instead of baking powder use ¾ tsp bicarbonate of soda and 1 tsp cider vinegar; or try sifting the flour and dry ingredients then gently folding in the liquid to trap air; 1 tbs club soda/seltzer water for every 1 cup flour/dry ingredients.

For more information, check out <http://www.ndhealthfacts.org/wicki/Eggs>