



# Vegan Egg Substitutes

## CHEAT SHEET

1 Egg =

Good For

1 TBSP CHIA SEEDS + 1/3 CUP WATER	COOKIES, BREAD, BISCUITS, PANCAKES
1 TBSP GROUND FLAXSEED + 3 TBSP WATER	COOKIES, BREAD, WAFFLES, PANCAKES
1 TBSP FLAXSEED MEAL + 2.5 TBSP WATER	COOKIES, BROWNIES, PANCAKES
1 TBSP POTATO STARCH + 2 TBSP WATER	BREADS, MUFFINS
1 TBSP SOY PROTEIN + 3 TBSP WATER	COOKIES, CRACKERS
3 TBSP BREADCRUMBS	VEGGIE BURGERS, MEATBALLS
1/2 MASHED BANANA + 1 TBSP WATER	BREADS, BROWNIES, CAKES
1/4 CUP APPLESAUCE	CAKES, MUFFINS, BROWNIES
3 TBSP PEANUT BUTTER	CAKES, PANCAKES, BROWNIES
3 TBSP AQUAFABA (2 TBSP FOR EGG WHITE)	CAKES, PANCAKES, MUFFINS
1/4 CUP SILKEN TOFU	BROWNIES, CUSTARDS, CHEESECAKES
3 TBSP VEGAN YOGURT	CAKES, CUPCAKES, MUFFINS
1 TBSP APPLE CIDER VINEGAR + 1 TSP BAKING SODA	CAKES, BREADS, MUFFINS