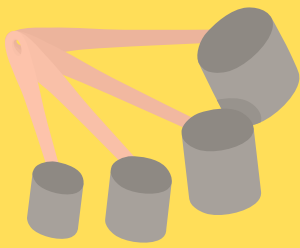


50 EGG SUBSTITUTES



Alternatives for One Egg

FRUIT BASED

- APPLESAUCE: 1/4 CUP
- MASHED BANANAS: 1/2 MEDIUM-SIZED BANANA
- PUMPKIN PUREE: 1/4 CUP
- MASHED SWEET POTATOES: 1/4 CUP
- VEGETABLE PUREES (E.G., CARROT PUREE, ZUCCHINI PUREE): 1/4 CUP

DAIRY AND DAIRY ALTERNATIVE BASED

- YOGURT: 1/4 CUP
- BUTTERMILK: 1/4 CUP
- SOUR CREAM: 1/4 CUP
- SOY YOGURT: 1/4 CUP
- CASHEW YOGURT: 1/4 CUP
- COCONUT YOGURT: 1/4 CUP
- HEMP YOGURT: 1/4 CUP

PLANT BASED

- SILKEN TOFU: 1/4 CUP BLENDED
- NUT BUTTER (E.G., ALMOND BUTTER, CASHEW BUTTER): 1/4 CUP
- SOY MILK: 1/4 CUP
- ALMOND MILK: 1/4 CUP
- COCONUT MILK: 1/4 CUP
- RICE MILK: 1/4 CUP
- OAT MILK: 1/4 CUP
- HEMP MILK: 1/4 CUP

FLOUR BASED

- POTATO STARCH: 2 TABLESPOONS + 2 TABLESPOONS WATER (COOK TO THICKEN)
- ARROWROOT POWDER: 2 TABLESPOONS + 3 TABLESPOONS WATER (COOK TO THICKEN)

- CORNSTARCH: 1 TABLESPOON + 3 TABLESPOONS WATER (COOK TO THICKEN)
- AMARANTH FLOUR: 3 TBSP + 3 TBSP WATER (COOK TO THICKEN)
- WHEAT GERM: 2 TABLESPOONS
- OAT BRAN: 1/4 CUP

MISCELLANEOUS

- AQUAFABA (CHICKPEA BRINE): 3 TABLESPOONS
- FLAXSEED MEAL: 1 TABLESPOON + 3 TABLESPOONS WATER (ALLOW TO SIT AND GEL)
- CHIA SEEDS: 1 TABLESPOON + 3 TABLESPOONS WATER (ALLOW TO SIT AND GEL)
- VINEGAR AND BAKING POWDER: 1 TABLESPOON VINEGAR + 1 TEASPOON BAKING POWDER
- CARBONATED WATER: 1/4 CUP
- GELATIN: 1 TABLESPOON + 3 TABLESPOONS WATER (ALLOW TO BLOOM, THEN DISSOLVE)

- NUTRITIONAL YEAST: 1 1/2 TABLESPOONS + 2 TABLESPOONS WATER
- CREAM OF TARTAR: 1 1/2 TEASPOONS + 2 TABLESPOONS WATER
- AGAR-AGAR: 1 TABLESPOON + 1 TABLESPOON WATER (COOK TO THICKEN)
- SOY LECITHIN: 1 TABLESPOON
- XANTHAN GUM: 1/2 TEASPOON + 4 TABLESPOONS WATER (MIX UNTIL THICK)
- PSYLLIUM HUSK: 1 TABLESPOON + 3 TABLESPOONS WATER (ALLOW TO SIT AND GEL)
- SUNFLOWER LECITHIN: 1 TABLESPOON
- BLACK SALT (KALA NAMAK): A PINCH (FOR EGGY FLAVOR)
- BREWER'S YEAST: 1 1/2 TABLESPOONS
- RICE VINEGAR: 1 TABLESPOON
- AGAVE NECTAR: 3 TABLESPOONS