

# Egg Replacements

[www.mydairyfreeglutenfreelife.com](http://www.mydairyfreeglutenfreelife.com)

## One egg is equal to

¼ cup silken tofu blended

½ mashed banana

¼ cup applesauce or pureed fruit

½ cup soy or rice yogurt

1 ½ tsp. of Ener-G Foods Egg Replacer +  
2 tbsp. lukewarm water

1 tbsp. ground flaxseed meal + 3 tbsp.  
water + 1 tbsp. oil + 1 tsp. baking powder  
+ 1 tsp. potato or cornstarch

¼ cup mashed white potatoes or sweet  
potatoes

2 tbsp. potato starch, cornstarch, or  
arrowroot

2-3 tbsp. tomato paste

2-3 tbsp. bread crumbs

2-3 tbsp. flour

1 tsp. baking powder

1 tbsp. of ground flax with 3 tbsp. of  
water. Stir with a fork until mixture is thick,  
creamy and egg-like.

1 tbsp. of chia seeds in 1/3 cup of water.  
Stir and then let sit for 15 minutes, until it  
becomes gelatinous.

1 tbsp. of soy protein powder with 3 tbsp.  
of water. Mix thoroughly.

1 tbsp. of agar agar with 3 tbsp. of water.

3 tbsp. of peanut butter.

¼ cup cooked oats

