

Common Substitutes for Egg Products

Most natural food stores and some grocery and specialty stores carry egg-free products and egg replacer (this doesn't contain eggs and is not the same as an egg substitute). You can also find sources of eggless foods on the internet.

When baking at home, use one of the following for each egg called for in recipes:

- 1 teaspoon baking powder, 1 Tablespoon water, 1 Tablespoon vinegar
- 1 teaspoon apricot puree
- 1 teaspoon yeast dissolved in ¼ cup warm water
- 1-1/2 Tablespoon water, 1-1/2 Tablespoons oil, 1 teaspoon baking powder
- 1 packet gelatin, 2 Tablespoons warm water, mixed just before using
- 1 teaspoon flaxseed meal, 1 Tablespoon water