

Egg free baking



Substitute	Replaces one egg	Provide moisture	Provides binding	Provides leavening	Strengthens gluten	Notes
Unsweetened applesauce	3 Tbsp	Yes	Yes	No	Neutral	Fat-free, low-calorie, no residual taste, adds fiber.
Mashed banana	3 Tbsp	Yes	Yes	No	Weakens	Adds banana flavor; sugar may weaken gluten.
Pumpkin or sweet potato puree	3 Tbsp	Yes	Yes	No	Weakens	May alter the color; sugar may weaken gluten.
Silken tofu	3 Tbsp	Yes	Yes	No	Neutral	Makes dense baked goods; may add a tofu taste.
Ground flaxseed + water	1 Tbsp + 3 Tbsp	Yes	Yes	No	Neutral	Omega-3 rich; forms a gel; seeds might be visible in the product.
Chia seeds + water	1 Tbsp + 3 Tbsp	Yes	Yes	No	Neutral	Omega-3 rich; forms a gel; seeds might be visible in the product.
Aquafaba (chickpea brine)	3 Tbsp	Yes	No	Limited	Neutral	Whips like egg whites; great for meringues; provides tenderness; budget friendly.
Vinegar + baking soda	1 Tbsp + 1 tsp	No	No	Yes	Weakens	Strong leavening for light, spongy baked goods.
Arrowroot or potato starch + water	2 Tbsp + 3 Tbsp	Yes	Yes	No	Weakens	Mix well; gelling properties help bind.
Tapioca or corn starch + warm water	1 Tbsp + 3 Tbsp	Yes	Yes	No	Weakens	Similar to arrowroot; light gelling effect.
Nut butters	3 Tbsp	Yes	Yes	No	Weakens	Adds richness and nutty flavor; may alter texture.
Plant-based yogurt	3 Tbsp	Yes	Yes	No	Weakens	Adds moisture; choose unsweetened varieties to avoid weakening gluten.
Shredded zucchini	3 Tbsp	Yes	Yes	No	Weakens	Adds moisture; visible green specks; weakens gluten.
Mashed avocado	3 Tbsp	Yes	Yes	No	Weakens	High in fat; adds richness; avocado flavor might remain.
Pureed navy beans	3 Tbsp	Yes	Yes	No	Neutral	Overcooked beans provide creaminess; neutral flavor.
Mashed potatoes	3 Tbsp	Yes	Yes	No	Neutral	May create dense textures in baked goods.
Commercial egg replacers	See labels	Yes	Yes	Yes	Neutral	Convenient and versatile; consistent results for most recipes.



Additional notes

1. Adding leavening to substitutes: To incorporate leavening, add 1 tsp baking powder per cup of flour or use 1 tsp baking soda + 1 Tbsp vinegar/lemon juice. Adjust carefully to avoid bitterness.
2. Fat content: Eggs contain ~12% fat. Most substitutes lack this fat content, which may affect tenderness. Adjust recipes with added oils if needed.
3. Testing: Experiment with small batches to test compatibility with your recipes.