

Plant-based egg substitutes



Humane
World for
Animals™



Aquafaba

3 tbsp = 1 whole egg
2 tbsp = egg white

Great for:

- Cakes
- Meringue
- Pancakes



Flax or chia Seeds (ground)

1 tbsp seeds + 3 tbsp
water = 1 whole egg

Great for:

- Cookies
- Brownies



Silken tofu

¼ cup = 1 egg

Great for:

- Custards
- Cheesecakes



Apple or banana puree

¼ cup puree = 1 egg

Great for:

- Muffins
- Quick breads