

A close-up photograph of a white bowl containing a meal. The main component is scrambled tofu, which is light yellow and fluffy, garnished with finely chopped green onions. To the left of the tofu is a portion of fresh green arugula. At the top of the bowl, there are several slices of golden-brown, toasted bread. The background is a light-colored, possibly marble, surface.

# Vegan Egg Substitutes

Your ultimate guide for sweet and savoury egg substitute dishes + how to use them for best results.

*Jessica in the Kitchen*



## About Jessica

Jessica Hylton-Leckie is the author behind Jessica In The Kitchen. She focuses on creating a community where anyone, vegan or not, can feel at home making her food.

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# Vegan Egg Substitutes

WELCOME, FRIENDS!

Consider this your ultimate guide to vegan egg substitutes! Here you'll find egg substitutes for sweet and savoury dishes, along with instructions on how to use them for best results.

While replacing cheese and meat is easy when you go vegan, eggs can present a challenge. They're not just there for flavour, after all—eggs do work in a recipe! They bind, create structure, thicken, and emulsify.

Because eggs do so many things in baking and cooking, it's hard to find a single ingredient that replicates all of them, especially if you're looking for something you already have in your kitchen. But the good news is that there are lots of options!

*-Jessica*

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**chickpea flour**

**nut butter**

**cornstarch**

**vegan yogurt**

**silken tofu**

**firm tofu**

**quick cooking oats**

**apple sauce**

**pumpkin  
puree**

**chia  
seeds**

**banana**

**aquafaba**

**flax  
seeds**



Vegan Egg Substitutes for:

# Muffins, Brownies & Cakes



**pumpkin or sweet  
potato puree**

**apple sauce**

**mashed banana**

**vegan yogurt**

**nut butter**

## These egg substitutes help achieve a moist, tender crumb.

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### Bananas

Mashed ripe bananas are a great substitute for eggs in baked goods like cakes, muffins, and pancakes. They add moisture and help bind the ingredients together just like eggs do; ripe bananas will also add sweetness and banana flavour. Use banana as an egg substitute when you're making banana and chocolate flavoured desserts.

**Why It Works:** Bananas have a similar texture and binding properties as eggs, making them an easy replacement.

**How to Use It:** Mash ripe bananas with a fork until smooth. Use 1/4 cup (75g) of mashed banana for every egg called for in the recipe. That's about half of a medium banana.



### Pumpkin or Sweet Potato Puree

Pumpkin puree and sweet potato puree are fantastic as a substitute for eggs in recipes that call for a lot of moisture, such as brownies and cakes, or in cookies where you want a chewy texture. (You can also use other winter squash purees, like butternut or acorn squash; canned pumpkin puree just happens to be most convenient!)

**Why It Works:** Pumpkin puree adds moisture and creates a similar texture to eggs in baked goods.

**How to Use It:** Use 1/4 cup (60g) of pumpkin or sweet potato puree for every egg called for in the recipe.



## Applesauce

Like bananas, applesauce can also be used as a binder and for adding moisture to baked goods. Because it has a milder flavour, it's a great choice for vanilla baked goods.

**Why It Works:** Applesauce is high in pectin, which acts as a binding agent and helps create a similar texture as eggs in baked goods.

**How to Use It:** Use 1/4 cup of applesauce for every egg called for in the recipe. Be sure to use unsweetened applesauce to avoid altering the flavour of your dish.



## Vegan Yogurt

You can use [vegan yogurt](#) (or [buttermilk](#)) as egg substitutes in baked goods, giving them a moist, tender crumb. Use it in muffins, cakes, and cupcakes. You can also use vegan yogurt as a substitute for egg when dredging foods in breadcrumbs before baking or frying.

**Why They Work:** Vegan yogurt adds moisture and helps bind ingredients together.

**How to Use Them:** Use 3 tablespoons (46g) of vegan yogurt for every egg called for in the recipe.

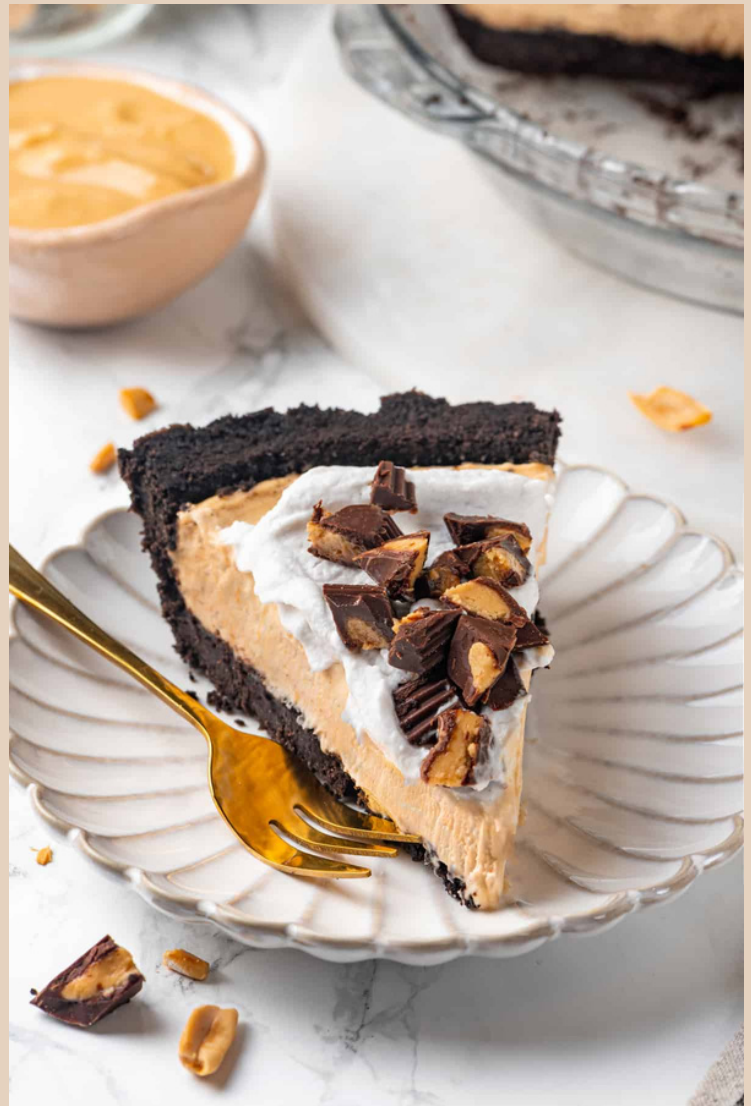


## Almond Butter

You can use [almond butter](#) (or other unsweetened nut butters, like [peanut butter](#) and cashew butter) as a binder in baking recipes that call for eggs, but they will add some nutty flavour to your baked goods, so keep that in mind!

**Why It Works:** Almond butter has similar binding properties to eggs and adds protein to dishes.

**How to Use It:** Use 3 tablespoons of almond butter for every egg called for in the recipe.





Vegan Egg Substitutes for:

# Gluten Free Baking & Cookies





**water**



**ground  
chia seeds**



**ground  
flax seeds**



**cornstarch  
slurry**

All the above options won't act as binders for the dough, but if you use regular baking flour you usually won't need an additional binder. For gluten-free baking, a binder is a must. Don't forget to add baking powder too, otherwise you will end up with a heavy, hard cake. (In addition to gluten-free treats, the following binders work well for cookies.)

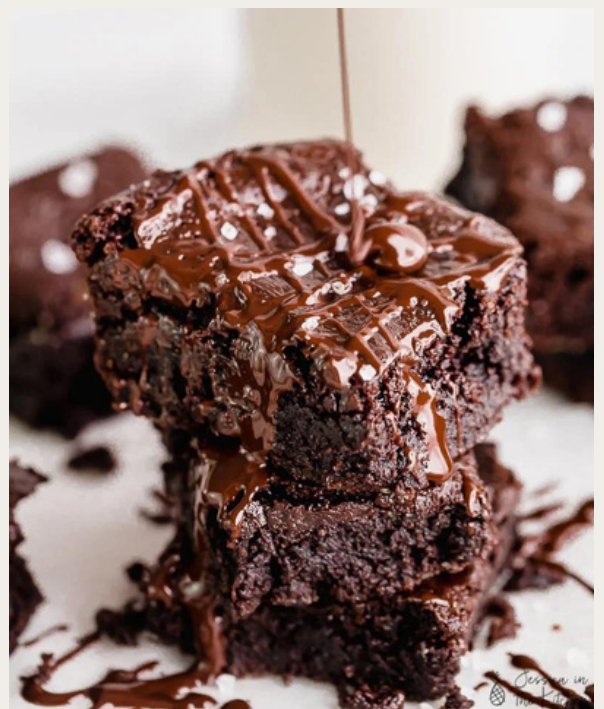
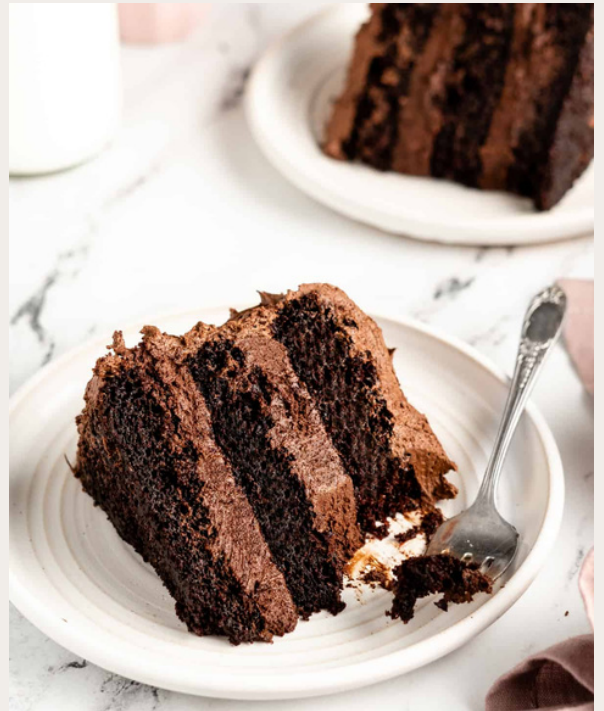
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## Ground Chia and Flax Seeds

Ground flaxseeds or chia seeds mixed with water make an excellent substitute for eggs in recipes that require a lot of binding, such as [veggie burgers](#) or [vegan meatloaf](#). You can also use [flax egg](#) as a replacement in gluten-free baking and cookies, as described above.

**Why It Works:** When mixed with water, flaxseeds and chia seeds form a gel-like substance that provides structure and holds ingredients together.

**How to Use It:** Mix 1 tablespoon of ground flaxseeds (8g) with 3 tablespoons of water for every egg called for in the recipe, or use 1 tablespoon of ground chia (14g) with 3 tablespoons of water. Let the mixture sit for a few minutes to thicken before adding it to your batter or mixture.



## Arrowroot, Tapioca, Corn, or Potato Starch

Starches can be used as a thickening agent in place of eggs in sauces, soups, puddings, and custards in addition to baking. [Haupia](#) is an example of how a starch can result in a thick, creamy dish.

**Why It Works:** Starches act as thickeners in recipes.

**How to Use It:** Mix 1 tablespoon of starch (10g) with 3 tablespoons of water for every egg called for in the recipe. Add it to your dish and let it cook for a few minutes to thicken, similar to when you make a cornstarch slurry.



Vegan Egg Substitutes for:

# Vegan Meringue, Marshmallows, Soufflé, and Mousse





**There's only one option here and it's fantastic!**

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## **Aquafaba**

[Aquafaba](#), the liquid from a can of chickpeas, has gained popularity as an egg substitute in recent years. It works well in recipes that require whipped egg whites, such as meringues or macarons. Sometimes it's too thin straight from the can, which can cause the meringue to fall. To avoid this you can reduce the liquid by boiling in a saucepan and then cool before using.



**Why It Works:** The protein and starch in aquafaba create a foam-like texture when whipped, making it a perfect replacement for egg whites.

**How to Use It:** Use 3 tablespoons of aquafaba (22g) for every egg or 2 tablespoons (15g) for every egg white called for in the recipe. Whip it with an electric mixer until stiff peaks form, then fold it into your batter or mixture.



# Vegan Egg Substitutes for: **Savory Recipes**





**quick cooking oats**



**silken tofu**



**chickpea flour**



**firm tofu**



**In savoury recipes, you'll need different properties from a vegan egg substitute—plus, you'll want to avoid adding sweetness.**

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### **Quick Cooking Oats**

This is a simple option that's perfect for binding vegan burgers or meatballs. Because the oats will need to absorb some of the moisture from the recipe in order to activate, I recommended letting the mixture sit for 15 to 30 minutes before forming patties or balls.

**Why It Works:** Quick cooking oats absorb moisture and act as binding agents without adding a distinct flavour to the dish.

**How to Use It:** Use 3 tablespoons (30g) of quick cooking oats for every egg called for in a recipe.



### **Chickpea Flour**

Chickpea flour is a simple way to make a delicious vegan egg scramble, but it's also great as a batter for breading, and also for making omelets, frittatas, and fritters.

**Why It Works:** When hydrated, chickpea flour has the consistency and colour of egg.

**How to Use It:** Combine 2 tablespoons (18g) of chickpea flour with 3 tablespoons water for 1 egg.



**In savoury recipes, you'll need different properties from a vegan egg substitute—plus, you'll want to avoid adding sweetness.**

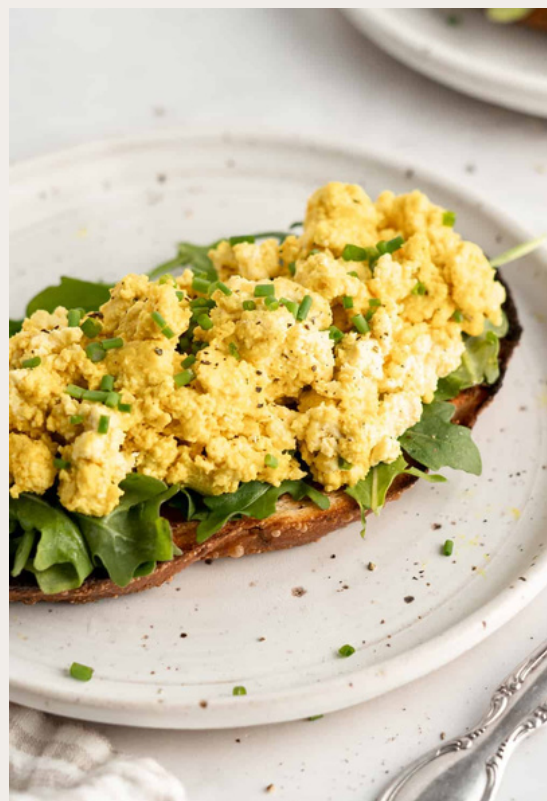
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## **Firm Tofu**

Firm tofu is a great alternative in recipes that use eggs for a creamy texture, such as quiches and custards, but also for crumbling up into a tofu scramble. For a similar taste to egg, you can add kala namak salt.

**Why It Works:** Tofu has a similar texture to eggs and it's also high in protein.

**How to Use It:** For a quiche or frittata base, combine 1/4 cup of plant milk (60g) with 1 tablespoon (10g) of corn or tapioca starch with 10 ounces (300g) of firm tofu.



## **Silken Tofu**

Silken tofu makes a creamy base for vegan mayonnaise. You can also use tofu as an egg replacement for baked goods, although it will make them more dense.

**Why It Works:** It purees smooth and creamy just like mayo.

**How to Use It:** Use 1/4 cup (56g) of pureed silken tofu for every egg called for in the recipe. Or, make the vegan mayonnaise recipe below.



# A Few More Vegan Egg Replacers



## Here are some other options in addition to the vegan egg replacers described above.

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### Kala Namak Salt

Kala namak salt, also known as black salt, can be used to add an eggy flavour to dishes without using eggs. If, for example, you're making [vegan quiche](#) with tofu, the tofu will mimic the texture of the egg, while adding kala namak salt will make it taste eggy.

**Why It Works:** Kala namak salt contains sulfur, which gives it a distinct eggy flavour.

**How to Use It:** Sprinkle a small amount of kala namak salt on your dish to add an egg-like flavour. Use it sparingly, as it can be overpowering.



### Vinegar and Baking Soda

This combination can be used as a leavening agent in place of eggs, giving your baked goods lift and light, airy texture, like in this [red velvet cake](#). It works best in recipes that call for 1-2 eggs.

**Why It Works:** When vinegar and baking soda are combined, they create a chemical reaction that produces carbon dioxide gas, which helps baked goods rise.

**How to Use It:** Mix 1 teaspoon of baking soda with 1 tablespoon of vinegar for every egg called for in the recipe. Use immediately, as the reaction will start right away.



## Carbonated Water

Carbonated water works as a leavening agent in recipes that call for eggs, such as waffles and pancakes. It will also work in cakes and cupcakes that are meant to have a light texture.

**Why It Works:** The carbonation in the water helps create air pockets, making baked goods light and fluffy.

**How to Use It:** Replace each egg with 1/4 cup of carbonated water. Be sure to use unflavoured carbonated water.



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## Store-Bought Egg Replacers

There are also many commercial egg replacers on the market that can be used as a substitute for eggs in both baking and cooking, which is difficult to accomplish with natural egg replacers! These products typically contain a combination of starches, leavening agents, and other ingredients, and you can use them in baked goods, for scrambled eggs, vegan omelets, etc.

**Why They Work:** Commercial egg replacers are scientifically formulated to mimic the functions of eggs in recipes, making them a convenient option for vegan cooking and baking.

**How to Use Them:** Follow the instructions on the packaging for the recommended amount to use per egg.



# Our favorite recipes using vegan egg substitutes!

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1. Flax Egg
2. Tofu Scramble
3. Vegan Breakfast Burritos
4. Vegan Quiche
5. Quiche Muffins
6. Aquafaba 101
7. Vegan Marshmallows
8. Vegan Meatloaf
9. Vegan Haupia
10. Red Velvet Cake



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