



Egg-Free Baking Tips



- **Vinegar and Baking Soda:** For a rising or lightening effect in cakes, cupcakes and breads combine 1 teaspoon of baking soda with 1 tablespoon of vinegar.
- **Ground Flaxseed:** Rich in essential omega-3 fatty acids, 1 tablespoon of ground flaxseed whisked with 3 tablespoons of water in a blender or food processor will replace one egg. Flaxseed works best in nutty, grainy items like pancakes, waffles, bran muffins, and oatmeal cookies.
- **Bananas:** For its binding abilities, half of a potassium and magnesium rich mashed or pureed banana will generally replace one or two eggs in breads, muffins, cakes and pancakes.
- **Applesauce:** Full of fiber and vitamin C, unsweetened applesauce offers the binding and moisture needed in baked goods. $\frac{1}{4}$ cup equals one egg. Applesauce works best when you want the results to be moist, as in brownies.
- **Silken Tofu:** Rich in protein and fiber, but without the cholesterol and little, if any, saturated fat, this soy-based ingredient works best in dense, moist, cakes and brownies. One egg can be replaced with $\frac{1}{4}$ cup of tofu whipped in a blender or food processor.
- **ENER-G Egg Replacer:** Available in a handy box in most food stores, this nonperishable powdered product works well in baking, but is best in cookies.

*Adapted by Rhode Island Vegan Awareness from *The Joy of Vegan Baking: The Compassionate Cooks' Traditional Treats and Sinful Sweets*, by Colleen Patrick-Goudreau, 2007.*