

FROM A TO ZERO

Agar Agar is a seaweed-based thickener

Apple Sauce can replace eggs in baking

Arrowroot Powder can replace eggs in both baking and sauces

Aquafaba is the word for the broth in canned chickpeas. Use it instead of egg whites.

Baking Powder helps baked goods rise

Bananas work well in pancakes or muffins

Black Salt makes anything taste eggy!

Cashew Nuts make creamy custards

Chia Seeds mixed with water makes a gooey egg replacer

Chickpeas provide texture and binding

Coconut Oil adds richness and fat

Corn Flour thickens baked goods

Firm Tofu can be fried up like eggs

Fizzy Drinks + store bought mix = cake!

Flaxseed Meal + water = egg substitute

Fruit Puree can replace eggs in sweet and moist baked goods

Gram Flour (AKA besan or chickpea flour) is great for omelets and other savory recipes

Liquid Egg Substitutes are ready-made replacements for all uses

Potato Flour can be used as a thickener

Powdered Egg Substitutes work best for baking and tend to be cheap

Silken Tofu blends into batters for rich, dense deserts like cream pies

Tapioca Starch adds chewiness

Vegan Mayo adds moisture and binding

Vegan Yogurt can be easily swapped in for eggs when baking

Vegetable Oils add fat, moisture, binding

Nothing!—you can skip the eggs in recipes where their binding or rising aren't needed.

THIS INFORMATION WAS BROUGHT TO YOU BY VINE SANCTUARY, AN ANIMAL REFUGE IN VERMONT FOUNDED AND STAFFED BY PEOPLE WITH DISABILITIES.



HUNDREDS OF ANIMALS
LIVE AT THE SANCTUARY,
INCLUDING MANY HENS
SUFFERING LIFELONG
PAIN DUE TO THEIR
EXPERIENCES AT EGG
FARMS AND FACTORIES.

WE CARE ABOUT PEOPLE, ANIMALS, AND THE PLANET.

WE WANT YOU TO BE HEALTHY AND HAPPY, AND WE
THINK THAT YOU CAN ENJOY LIFE WITHOUT EGGS.

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or more details,
examples, and
links to recipes!



INSTEAD OF EGGS

Cheap and easy egg substitutes!



26 OPTIONS FOR YOU!

Tired of paying too much money for eggs?
You don't need them! Inside, you'll find 26
different ways to substitute other
ingredients for eggs. Most of them are much
cheaper, and all of them are better for your
health and the health of the planet!

EGG SUBSTITUTES FOR BAKING

When replacing eggs in baking, the best substitute depends on the egg's role in the recipe. Eggs can act as binders, leaveners, moisturizers, or even provide structure.

- For binding in **savory dishes** like veggie burgers or meatless loaf, try flaxseed, chia seeds, chickpeas, or gram flour.
- For **cakes or muffins** where moisture is desired, use mashed bananas, applesauce, vegan yogurt, or fruit puree.
- If you're making something light and fluffy, like **pancakes or cupcakes**, fizzy drinks or baking powder mixed with vinegar will do the trick.
- For **creamy desserts**, silken tofu or blended cashews are the go-to.
- Aquafaba, the liquid in canned chickpeas, is useful for mimicking egg whites. It whips up into peaks, which is great for making **meringues and mousses**.

PRO TIP: Whatever substitute you choose adding 1/4 tsp baking powder per egg to whatever baking powder the recipe already calls for will help ensure proper rising.

For more guidance, see the table on the next page. For even more detail, use the QR code on the back of this brochure to go to the **Instead of Eggs** webpage.

WHAT ABOUT SCRAMBLED EGGS?

Tofu scrambles are a quick alternative to scrambled eggs and are rich in protein, too! Just crumble firm or extra-firm tofu onto a pan with some oil. Add your favorite veggies and season to taste. A dash of turmeric adds color, and nutritional yeast or garlic powder can boost the flavor. For that classic “eggy” taste, add black salt (kala namak).

There are tons of recipes online!
Experiment to find your faves!

Replacing eggs isn't just about saving money. It can be a powerful choice for your health, the planet, and animals. Eggs are high in cholesterol. Hens suffer at egg farms and factories, even those that call themselves “free range.” Commercial egg production harms the planet by polluting water and wasting resources. Choosing egg alternatives is a compassionate and sustainable step toward a kinder and healthier world.

Egg Substitute	Amount	Best Used For
Ground Flaxseed	1 tbsp + 2 1/2 tbsp water per egg	Binding in baked goods like muffins, cookies
Chia seeds	1 tbsp + 3 tbsp water per egg	Binding in pancakes, brownies
Applesauce	1/4 cup per egg	Moisture in cakes, muffins
Mashed Banana	1/2 medium banana per egg	Moisture in sweet baked goods, pancakes
Vegan Yogurt	1/4 cup per egg	Moisture and binding in cakes, muffins
Silken Tofu	1/4 cup blended per egg	Dense desserts or creamy baked goods
Aquafaba	3 tbsp per egg	Replacing egg whites in meringues
Baking Soda + Vinegar	1 tbsp baking soda + 1 tbsp vinegar per egg	Leavening in cakes and cupcakes
Powder Egg Replacer	Follow package instructions	All-purpose baking
Fizzy Water	1 can per package of cake mix	Leavening in light cakes
Gram (Chickpea) Flour + Water	3 tbsp flour + 3 tbsp water	Binding in savory recipes like omelets