

# Baking Without Eggs

Condensed from *The Joy of Vegan Baking*  
By Colleen Patrick-Goudreau

Eggs perform various functions in baked goods, from binding and leavening to adding moisture and richness, all of which can be replicated as well – if not better – with healthful, plant-based ingredients.

Below is a brief overview of which ingredients work best when, and in what quantities.

## *Ground Flaxseed*

For each egg you replace, whisk 1 tablespoon of ground flaxseed with 3 tablespoons of water until the mixture is thick and creamy.

**Works best in:** waffles, pancakes, bran muffins, breads, oatmeal cookies.

## *Ripe Banana*

Consider half a mashed or pureed banana as a replacement for one or two eggs.

**Works best in:** breads, muffins, cakes, and pancakes.

## *Applesauce*

¼ cup of unsweetened applesauce equals one egg.

**Works best in:** moist cakes, breads, quick breads, and brownies.

## *Silken Tofu*

Whip ¼ cup in a blender or food processor until smooth and creamy. This equals one egg.

**Works best in:** rich, dense, and moist cakes and brownies.

## *Vinegar and Baking Soda*

A ratio that works well is 1 teaspoon of baking soda along with 1 tablespoon of vinegar. Apple cider vinegar and white distilled vinegar are good choices.

**Works best in:** cakes, cupcakes, and quick breads.

## *Commercial Egg Replacer Powder (NOT Egg Beaters or Better 'N Eggs®)*

The most common brand is Ener-G. Egg replacer powder is economical and long-lasting. Follow the instructions on the box. For best results, whip into a froth.

**Works best in:** cookies. But is also a handy all-around egg substitute for recipes.

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**Also:** Search online for “recipe vegan” followed by whatever it is you want to make. You will find thousands of delicious egg-free recipes.