

23

of the BEST



Egg Substitutes

***substitute for 1 egg**

General

- butter/margarine as glaze
- 1 tsp gelatin & 1/2 c hot water
- 3 tbsp peanut butter
- Egg replacement powder
- 1/4 c pumpkin puree
- 1 tbsp soy protein & 3 tbsp water
- 2 oz tofu for scrambled
- white beans for hardboiled
- Xanthan gum

Fruit

- 1/4 c applesauce
- 1/4 c avocado
- 1/2 banana
- 1/4 fruit puree & 1/2 tsp baking powder

Baking Powder

- 1 tbsp chia/flax seeds & 3 tbsp water. 1/2 tsp baking powder
- 1 tbsp vegetable oil & 1 tsp baking powder

Starches

- 1 tbsp agar-agar & 1tbsp water
- 1 tbsp arrowroot powder & 1 tbsp water
- 2 tbsp chickpea flour & 2 tbsp water
- 1 tbsp cornstarch & 1 tbsp water
- 1 tbsp potato starch & 1 tbsp water
- 1 tbsp tapioca flour & 1 tbsp water