



Egg Substitutes

for Baking

Avoiding eggs because of an allergy or preference? Try using these WIC foods in place of the eggs in your favorite recipes.

Each option replaces 1 egg:

- **1/2 medium ripe banana**

1/4 cup mashed with no chunks. You can also use a mixer to make it creamy. Good option for cakes or recipes that need moisture. Not ideal for savory dishes since it can give it a banana taste.

- **1/4 cup soft tofu**

Use a mixer to make it creamy. Use with cakes, quick breads, muffins, and pies.

- **1/4 cup yogurt of choice**

Plain works best. Use for dense baked goods like brownies, muffins, and cookie bars.

- **3 Tbsp nut butter**

Try peanut or other nut butter. Dish will have a noticeable nut butter taste.

- **3 Tbsp of liquid drained from canned chickpeas**

Also called “aquafaba”. Use in making a meringue or cream.

Tbsp= Tablespoon

For more options and to find recipes, check out:

<https://extension.umn.edu/family-news/egg-substitutions-baking>

<https://foodhero.org/healthy-recipes>

