

So Many Egg Alternatives!

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I remember when I first became vegan, I was searching for an egg replacement to use in baking. I found a recipe for a “flax egg” and was absolutely delighted with the results. While flax eggs work for many baked goods, they don’t do the trick for scrambled eggs or a quiche. The only other egg replacement I knew of was a mixture of starches that came in a box and was very expensive and not very nutritious. Times have changed! Today, creative cooks have discovered all kinds of whole food egg replacers that provide impressive results. There are also many commercial egg replacers on the market – some that are designed for baking and others that replace eggs as a central ingredient in dishes such as scrambled “eggs” or quiche. If you want to expand your egg alternative prowess, you are in for a treat. This article provides you with some great ideas for helping curb your craving for eggy foods.



Tofu Scramble is a wonderful replacement for scrambled eggs. To boost nutrition, add plenty of veggies!

Why Replace Eggs?

Eggs are the product of unspeakable suffering. Most eggs are produced by chickens kept in cages so small that the chickens can hardly stand, spread their wings, or turn around. While many people believe that chickens aren't killed for their eggs, nothing could be further from the truth. About 260 million male chicks that are useless to the egg industry are killed in the US every year. Hens who would live a decade or more are spent within two years and sent to slaughter. While some believe humane certified, cage-free, free-range, and organic eggs are cruelty-free, they are not. Learn more at: <https://sentientmedia.org/cage-free-eggs/>. The most ethical "eggs" are those that come from plants, not from birds. Fortunately, there are many egg alternatives that provide delicious dishes without contributing to the pain, suffering, and death of billions of animals every year.

The Lay of the Egg Alternatives Land

There is no baked good that cannot be mastered without eggs. Eggs are used in baking to provide structure, binding, moisture, and/or to tenderize. Fortunately, plant alternatives can achieve similar results to chicken eggs. For recipes that use eggs as a central ingredient, options are rapidly expanding. There are two main categories of egg alternatives – whole food alternatives and commercial alternatives.

Whole Food Alternatives

There are many whole foods that can serve as egg substitutes in baking. Your choice of egg alternative will depend on the items you have handy and the type of baked good you are making. The chart below provides a list of alternatives, how to use them, and what they are best used for. Note that if you are using fruit purees, the final product will be denser. You may wish to reduce other sweeteners and increase the leavening agent (e.g., baking powder) by ½ teaspoon. For recipes that use eggs as a central ingredient, you have a few options using whole foods that are very creative!

Egg Replacement	To replace 1 large egg:	Best used for:	Notes:
Applesauce	¼ cup applesauce	Cakes, cupcakes, loaves, muffins, soft cookies	Use unsweetened applesauce or make your own.
Aquafaba	¼ cup aquafaba	Breads, cakes, cupcakes, cookies, loaves, muffins, squares, and most other baked goods.	Aquafaba is the liquid from canned or cooked chickpeas. It can also be used to make meringue.
Banana	1 small banana	Muffins, pancakes, brownies, blondies, some cookies.	Make sure bananas are very ripe for baking. Bananas have a distinct flavor, so use only where this flavor works.
Chia seeds	1 tablespoon chia seeds – mix chia with 3 T water and let sit at least 5 minutes to form a gel.	Pancakes, waffles, quick bread, muffins, loaves.	Chia seeds are an exceptional source of omega-3 fatty acids, fiber, and are high in calcium.
Chickpea flour	2 T chickpea flour plus 2 T water	Pancakes, waffles, muffins, cakes, cupcakes, quick breads, loaves, cookies. Can also be used in omelets and quiches.	Not palatable in the raw form so avoid eating the dough. Fairly neutral flavor.
Cornstarch or potato starch	2 T starch plus 3 T water	Pancakes, waffles, muffins, quick breads, loaves, cakes, cupcakes, squares.	Works in most baked desserts, but not in unbaked treats!

Flaxseed	1 T ground flax plus 3 T water – let set for 10-15 minutes	Pancakes, waffles, muffins, loaves, cakes, cupcakes, cookies, squares.	If color is an issue, select golden flax.
Oats	2 T ground oats plus 3T boiling water – let cool before using.	Pancakes, waffles, bread, quick bread, loaves.	Will result in a denser final product.
Prune puree	¼ cup prune puree	Items that will be OK with a darker color – muffins, some cookies, some cakes, and loaves	Works best in recipes that call for no more than 3 eggs. Reduce sugar in recipe as prunes are sweet.
Pumpkin puree	¼ cup pumpkin puree	Muffins, pancakes, loaves, cakes, cupcakes.	Pumpkin has a distinct flavor so must be used only where the flavor profile works.
Pumpkin seeds	About 3 T	Scramble.	This may seem weird, but it works beautifully. For a great step by step recipe, see www.powerhungry.com
Tapioca starch	1 T tapioca starch plus 3 T water	Pancakes, waffles, muffins, loaves, cakes, cupcakes. Ideal for thickening liquids like pie fillings, puddings, and custards.	Does not work in raw food recipes.
Tofu, soft, medium, or firm	¼ cup tofu	Tofu scramble.	Tofu scrambles are an excellent replacement for scrambled eggs. Add turmeric for an eggy color and black salt for an eggy taste.

Tofu, silken	¼ cup silken tofu	Muffins, cakes, cupcakes, loaves.	Can be used to replace up to 4 eggs.
Yogurt (dairy-free, unsweetened)	¼ cup yogurt	Cake, cupcakes, loaves.	If using sweetened yogurt, reduce sugar in the recipe.

Note: T = tablespoon

Commercial Alternatives

Commercial egg alternatives are widely available. The main disadvantage is that they tend to be highly processed with long ingredient lists. The main advantage is that they tend to work well and there are great tasting options for replacing eggs in egg-based dishes. There are two main categories:

1. Egg replacers that can be used in recipes where eggs are a central ingredient – quiche, scrambles, etc.
2. Egg replacers that serve to replace eggs in baking, providing a similar texture and flavor and eggs.

The chart below walks you through several of the most well-known egg replacers on the market today. Use as directed on package.

Egg Replacement	Ingredients:	Best used for:	Notes:
Central Ingredient Compatible			
Follow Your Heart VeganEgg	Organic soymilk powder, Modified cellulose, gellan gum, cellulose, calcium lactate, carrageenan, natural flavors, nutritional yeast, black salt, beta-carotene	Scramble, quiche, French toast, egg-based dishes. Baked goods, pancakes, waffles.	Comes as a powder in a recycled cardboard carton that is biodegradable. Long ingredient list. Half the protein and calories of an egg.
Just Egg	Water, mung bean protein isolate, expeller-pressed	Any dish calling for eggs as a central ingredient –	Comes as a liquid, so very easy to

	<p>canola oil, dehydrated onion, gellan gum, natural carrot extractives, natural flavors, natural turmeric extractives, potassium citrate, salt, sugar, tapioca syrup solids, tetrasodium pyrophosphate, transgluaminase, nisin (natural preservative)</p>	<p>scrambles, quiches, etc. Baked goods calling for eggs – pancakes, waffles, muffins, cakes, loaves, etc. As a binder for veggie “meatballs”, burgers, loaves.</p>	<p>use. No mixing required! Great taste and texture, but a long ingredient list. With mung bean protein as the primary ingredient, protein content is just slightly less than eggs.</p>
<p>Nabati Plant Eggz</p>	<p>Filtered water, lupin protein concentrate, sunflower oil, pea protein isolate, vinegar, gellan gum, rosemary extract, pea syrup, tetrasodium pyrophosphate, vitamin and mineral blend, sunflower lecithin, potassium citrate, salt, transglutaminase, magnesium lactate, calcium carbonate, dehydrated onion, beta carotene</p>	<p>Any dish calling for eggs as a central ingredient – scrambles, quiches, etc. Baked goods, pancakes, waffles.</p>	<p>Very long ingredient list. Very creamy and eggy tasting.</p>
<p>Simply Eggless</p>	<p>Filtered water, lupin protein</p>	<p>Any dish calling for eggs as a central</p>	<p>Comes in liquid or a patty.</p>

	concentrate, high oleic sunflower oil, gluten-free beta glucan, natural flavors, calcium lactate (vegan), vegan enzyme, tetrasodium pyrophosphate, agar, xanthan gum, natural extractives of turmeric, natural extractives of carrot, nisin (natural preservative)	ingredient - scrambles, omelets, quiches, etc. Baked goods. Pattie can be used for eggless English muffin sandwiches.	Contains prebiotics. Moderate protein; just over 100 mg calcium per serving. Long ingredient list.
The Vegg Vegan Egg	Power Scramble - Soy protein isolate, whole algal protein, whole algal flour, fortified nutritional yeast, magnesium chloride, black salt	<i>Vegan Egg Yolk</i> – replace egg yolks in sauces and baking <i>Power Scramble</i> – scrambled “eggs” <i>Uncaged Baking Mix</i> – baked goods, breads, pancakes, etc. <i>French Toast Mix</i> – eggy French toast	4 products with different ingredients – vegan egg yolk (nutritional yeast-based), power scramble (soy protein isolate-based), uncaged baking mix (pea-protein isolate-based), French toast mix (soy protein isolate-based).
Orgran Vegan Easy Egg	Chickpea flour, maize flour, vegetable gums, methylcellulose, carrageenan, vegetable protein, dextrose from maize, slat,	Scrambles, omelets, quiche, frittata, and other recipes with eggs as central ingredient	Relatively high in protein and fiber. Very high in sodium.

	turmeric, calcium carbonate, garlic powder		
Zero Egg (liquid)	Water, soy protein, oil, pea powder, cellulose fibers, dried yeast, gellan gum, methyl cellulose, table salt, sugar, chickpea protein, agar, potato protein, turmeric extract	Scrambles, omelets, quiche, and any other recipe with egg as main ingredient. Baked goods.	Comes in liquid form and as a patty.
Best as an Ingredient (e.g., baked goods)			
Bob's Red Mill Egg Replacer	Potato starch, tapioca flour, baking soda, psyllium husk fiber	Baked goods, pancakes, waffles.	Short ingredient list. Mainly starch – no protein, few nutrients.
Neat Egg	Chia seeds, garbanzo beans	Baked goods, pancakes, waffles.	Whole food ingredients.
Ener-G Egg Replacer	Potato starch, tapioca starch flour, calcium lactate (not from dairy), calcium carbonate, cream of tartar, sodium carboxymethyl-cellulose, methyl-cellulose	Baked goods, pancakes, waffles.	Low in calories. Long ingredient list. Contains no protein. High in calcium.
Namaste Raw Goods Egg Replacer	Tapioca starch, arrowroot starch, citrus fiber, cream of tartar, sodium bicarbonate (baking soda).	Baked goods, pancakes, waffles.	Short ingredient list. Little nutritional value – no protein, few nutrients.

			Free of most allergens.
Orgran Egg Replacer for Baking	Potato starch, tapioca starch, calcium carbonate, citric acid, methyl-cellulose	Baked goods, pancakes, waffles.	Starch-based – no protein, few nutrients, except calcium.

Chef's Tips:

Use a pinch of black salt (Kala Namak) for an eggy flavor. The sulfur compounds in the black salt are like those found in eggs.

Use a little turmeric to provide the yellow color of eggs.

I prefer to stick to whole foods such as tofu and ground flax when looking for egg replacements, although if you are making mini quiches to impress omnivorous friends at a party, the commercial liquid eggs are very convincing. My son recently experimented with pumpkin seed eggs, and enjoyed them, so I decided to try creating a super nutritious version. Although I do prefer the texture of tofu in a scramble, the pumpkin seed eggs are great for those who can't eat soy, and they make a yummy sandwich filling that sticks together well – no mayo required!

Pumpkin Seed Scramble on Toast (heavy pumpernickel, a layer of smashed avocado, pumpkin seed scramble, sliced tomatoes and ground black cumin)



Pumpkin Seed “Eggs”

Makes 4 servings (3/4 cup each)

It is amazing that you can turn pumpkin seeds into something that looks like eggs. Pumpkin seeds are high in iron, zinc and protein, and they are low in saturated fat and free of cholesterol. Feel free to get creative with this recipe. You can use all water instead of soy milk to blend the pumpkin seeds, and add onion and garlic powder or other seasonings as desired. Use whatever veggies tickle your fancy. Replace red onions with sweet onions or sliced green onions. Add mushrooms, asparagus, or broccoli. Throw in some fresh parsley or basil. Add a dash of nutritional yeast. Get creative.

1 cup pumpkin seeds (raw and unsalted)

2 cups water

½ small red onion, diced (about 1/3 cup)

½ red pepper, chopped (about 1/3 cup)

1 clove garlic, minced

1 cup greens (e.g., spinach, kale, Chinese greens), tightly packed and chopped

1 cup unsweetened soy milk (or other unsweetened non-dairy milk)

½ cup water

½ teaspoon salt (black, regular or a mix)

1/3 teaspoon turmeric

1. Place pumpkin seeds in a medium-sized bowl and cover with 2 cups (or more) of water. Let sit overnight.
2. Without draining, use your hands to rub the pumpkin seeds together to remove some of the green skin – it is very thin and will just come off by rubbing. You don’t have to get it all off. Rinse the seeds and drain.
3. In a heavy skillet, sauté the onions, peppers, and garlic over medium heat until soft. Add a little water to prevent sticking if need be.
4. Add the greens and cook so they just wilt. Transfer the veggies to a small bowl.

5. In a blender, combine the pumpkin seeds with soy milk, water, salt, and turmeric.
6. Pour the pumpkin batter into a non-stick skillet heated to medium-high heat. Stir constantly until mixture turns into a more egg-like consistency. Stir in the veggies. Enjoy on toast, in a sandwich, or as a scramble.



Date Walnut Cookies

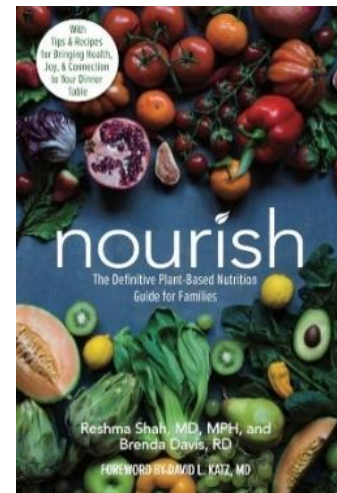
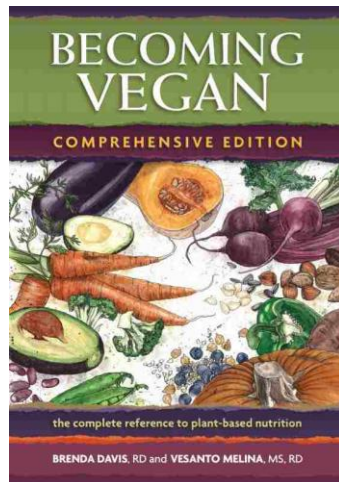
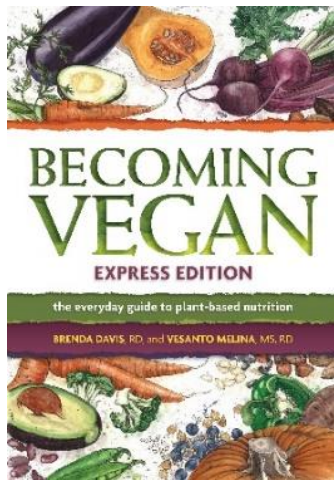
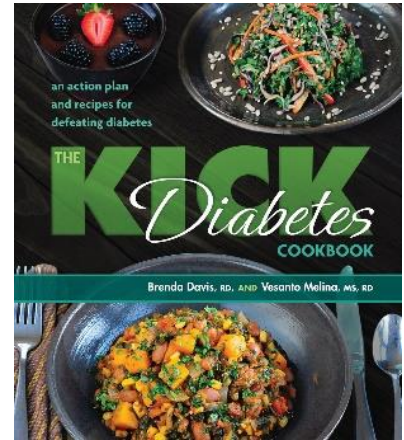
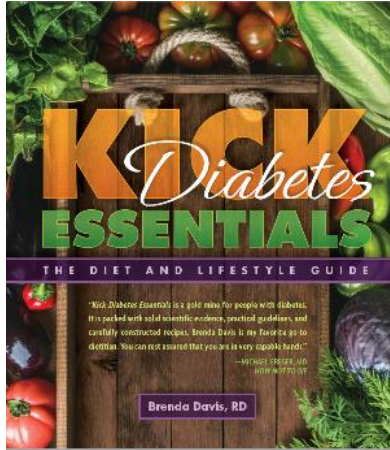
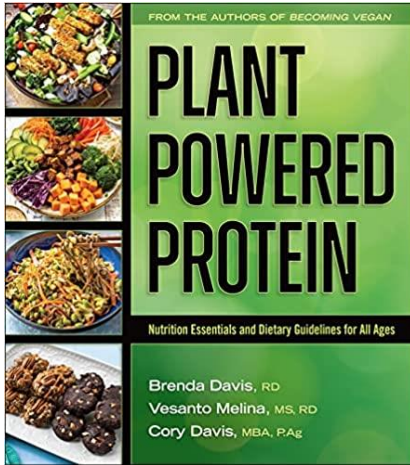
Makes 24 cookies

These are soft and delicious cookies. They use a “flax egg” for binding. Add a teaspoon of cinnamon and a half cup of raisins, if desired.

- 1 tablespoon ground flaxseed
- 3 tablespoons water
- 1 ½ cup dates, packed
- 1/2 cup water
- 1/3 cup nut butter
- 1 teaspoon vanilla extract
- 1 apple, grated
- 1 cup whole grain flour (e.g., wheat, kamut, spelt)
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup walnuts, coarsely chopped



1. Preheat the oven to 325 F.
2. In a small bowl, stir together ground flaxseed and water. Let sit about 10-15 minutes.
3. In a small saucepan over medium heat, cook the dates and water for about 5 minutes or until the dates are soft. Mash with a potato masher.
4. In a medium-sized bowl, combine the nut butter, vanilla, cooked dates, and grated apple.
5. In a small bowl, mix the flour, baking powder, and salt. Add dry ingredients to the wet ingredients and stir gently just until mixed. Fold in the walnuts.
6. Drop dough by heaping tablespoon onto a large baking sheet lined with a silicone mat or sprayed.
7. Bake for 20 minutes or until lightly browned.
8. Remove cookies from oven. Enjoy warm or cold.



This article was originally written for So Many Cooks in the Kitchen. Brenda Davis, RD is a plant-based pioneer and author/co-author of 13 books on plant-based diets. She is co-Author of Nourish: the definitive plant-based nutrition guide for families, Becoming Vegan: Comprehensive and Express Editions and Kick Diabetes Essentials. www.brendadavisrd.com