**EGG SUBSTITUTIONS**

There are many fresh or frozen store-bought egg substitute options, but make sure to read your labels!

If you have an egg allergy or just want to go plant-based, you have options!!

Store-bought substitutes may contain one or more of these:

- Soy
- Wheat

If you want to replace egg in meals such as breakfast burritos or fried rice, you can use tofu (soy) or seitan (wheat)*

*Just don’t replace one allergen for another!

For cookies or bars
Make a “flax egg”
Mix 1 Tbsp of ground flax seeds with 3 Tbsp of water.

For cakes
Make a leavening powder
Mix any acid (like lemon juice) with baking powder. Science!

For other baked goods
Replace 1 egg with:
1/4 cup mashed banana OR 1/4 cup unsweetened apple sauce and 1/2 tsp baking powder.

For replacing egg whites in meringues, foams or soups
Use aquafaba
2 Tbsps of water from a can of chickpeas is equivalent to one egg white. It can be whipped into a foam!