

Purpose of Egg in the Recipe	How to Make Substitutions (T=Tablespoon, t= teaspoon)
Leavening:	<ul> <li>1/4 cup carbonated water</li> <li>2 T water + 1 T oil +2 t baking powder</li> <li>1 T vinegar + 1 t baking soda</li> <li>2 T lemon juice + 1 t baking soda</li> </ul>
Binding:	<ul> <li>1 T flaxseed meal or ground chia seed + 3 T water, sit 15 minutes</li> <li>1 T gelatin/agar agar + 1 T water, sit 15 minutes (gelatin-based desserts)</li> <li>3 T nut or seed butter</li> <li>2 T mashed potato or sweet potato</li> <li>2 T tomato paste</li> <li>2 T mayo</li> <li>2 T starch (corn, potato, tapioca starch or arrowroot powder) + 3 T water</li> <li>1 T soy protein powder + 3 T water</li> <li>¼ cup pureed soft tofu or full-fat yogurt</li> <li>3 T canned bean liquid (1 egg or egg whites)</li> <li>1 T soy lecithin (1 egg or egg yolk)</li> </ul>
Moisture:	<ul> <li>¼ cup unsweetened applesauce or fruit puree</li> </ul>

- ¼ cup mashed banana or avocado
- 2 T dried fruit + 2 T water, pureed
- ¼ cup buttermilk or milk (dairy or non-dairy)
- ¼ cup sweetened condensed milk
- ¼ cup yogurt or kefir
- ¼ cup pureed silken tofu



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