



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

12 Ways To Replace Eggs in Baking

1. 1 tbsp chia seed + 3 tbs water
2. 1 tbsp ground flaxseed + 3 tbsp water
3. 1 tbsp agar agar + 1 tbsp water
4. 3 tbsp Aquafaba (Chickpea Liquid)
5. 3 tbsp breadcrumbs (Gluten free if needed)
6. 1/4 cup soft silken tofu
7. 1/4 cup unsweetened applesauce
8. 1/4 cup mashed banana
9. 1/4 cup mashed avocado
10. 3 tbsp peanut butter

Use these various substitutions in cooking and baking to replace eggs when binding and thickening is needed.



