

Prepper Pantry: Shelf Stable Egg Substitutes for Baking

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Function of Eggs in Baking

The primary function of eggs in most recipes is binding, leavening, thickening, adding moisture, and to improve the taste of baked goods. Depending on the purpose the eggs serve in the recipe, some of these substitutions will work better than others.

Powdered Eggs: 1 whole egg = 2 tablespoons dry egg powder plus ¼ cup water

Fruit Purée: 1 egg = ¼ cup unsweetened applesauce, mashed banana, or puréed fruit. Adding ½ teaspoon of baking soda or baking powder will help with leavening and prevent the final product not be too dense.

Creamy Nut Butter: 1 whole egg = 3 tablespoons creamy nut butter

Flaxseeds: 1 whole egg = 1 tablespoon ground flaxseed plus 3 tablespoons water; let sit 5-10 minutes

Chia Seeds: 1 whole egg = 1 tablespoon of ground chia seeds mixed in 3 tablespoons water (let sit for 20 minutes)

Bean Liquid or Aquafaba: 1 whole egg = 3 tablespoons Aquafaba (the liquid that beans are cooked in or the liquid in canned beans), 1 egg white = 2 tablespoons Aquafaba, 1 egg yolk = 1 tablespoon Aquafaba

Aquafaba is the thick liquid you see in canned beans. Chickpeas (garbanzo beans), white or northern beans are commonly used due to the light color and mild flavor. For egg white substitute, simply whip the cooled bean liquid with a mixer just like you whip up egg whites. It is amazing!

Commercial Egg Replacer: 1 whole egg = Blend 1 ½ teaspoons of egg replacer with 2-3 tablespoons of water as directed on the package

Recipe for Homemade Egg Replacer Powder

- 2½ cups potato starch
- 1½ cups tapioca starch
- 2/3 cup baking powder
- 1/3 cup baking soda

Combine ingredients well and store in an airtight container.

1 whole egg = 1 ½ tablespoon egg replacer powder and 2 tablespoons water

1 egg yolk = 1 ½ tablespoon egg replacer powder plus 1 tablespoon water

1 egg white = ½ tablespoon egg replacer powder plus 2 tablespoon water





Cooking Oil: 1 whole egg = 1 ½ tablespoons vegetable oil plus 1 ½ tablespoons water plus 1 teaspoon baking powder, 1 whole egg = ¼ cup vegetable oil

Baking Powder: 1 whole egg = 2 teaspoons water, 1 teaspoon oil, and 2 teaspoons baking powder, 1 whole egg = 1 ½ teaspoon baking powder plus 1 tablespoon water plus 1 tablespoon vinegar

Unflavored Gelatin: 1 whole egg = 1 tablespoon unflavored gelatin dissolved in 3 tablespoons boiling water. Beat until frothy. Add a little bit of baking soda to help with leavening so that the final product will not be too dense.

Xanthan Gum: 1 whole egg = Whip 1/4 teaspoon xanthan gum in ¼ cup water. Add a little bit of extra baking soda or baking powder to help with leavening.

White Vinegar: 1 egg = 1 teaspoon baking soda mixed with 1 tablespoon white vinegar

Lemon Juice: 1 whole egg = 1 teaspoon baking soda mixed with 1 tablespoon lemon juice

Carbonated Water: 1 whole egg = ¼ cup carbonated water

Soy Flour: 1 whole egg = 1 tablespoons soy flour plus 1 tablespoons water

Chickpea or White Bean Flour: 1 whole egg = Mix 3 tablespoons chickpea or white bean flour plus 3 tablespoons water until creamy

Arrowroot Powder: 1 whole egg = 2 tablespoons arrowroot powder mixed with 2-3 tablespoons water

Soy Lecithin Powder: 1 whole egg = Add 1 tablespoon soy lecithin to the recipe

Soy Protein Powder: 1 whole egg = 1 tablespoon soy protein powder mixed in 3 tablespoons water

Potato Starch: 1 whole egg = 1 tablespoons potato starch plus 3 tablespoons warm water

Cornstarch: 1 whole egg = 1 tablespoons cornstarch mixed with 3 tablespoons warm water

Mayonnaise: 1 whole egg = 3 tablespoons mayonnaise. You may want to decrease the amount of fat or oil in your recipe to compensate for the oil in the mayonnaise.

Milk (Evaporated, shelf-stable or reconstituted dry milk): 1 whole egg = ¼ cup milk

Stock up on your favorite eggs replacement options so you can bake delicious treats from basic food storage when disaster strikes!

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