



egg Substitutions

VEGETABLE OIL: 1/4 cup

APPLESAUCE: 1/4 cup

MASHED BANANA: 1/2 cup

MASHED AVOCADO: 1/2 cup

PUMPKIN PUREE: 1/2 cup

GROUND FLAX SEEDS: 1 tbsp flax + 3 tbsp water

GROUND CHIA SEEDS: 1 TBSP chia + 3 TBSP water

YOGURT: 1/4 cup

BUTTERMILK: 1/4 cup

SWEETENED CONDENSED MILK: 1/4 cup

PEANUT BUTTER: 3 TBSP

WATER+OIL+BAKING POWDER: 2 TBSP water +1 TBSP oil+ 2 tsp bp

BAKING SODA + VINEGAR: 1 tsp baking soda + 1 TBSP vinegar

ARROWROOT POWDER: 2 TBSP powder + 3 TBSP water

MASHED POTATOES: 1/4 cup

Use these substitutions measurements to replace one egg.
[View this post to see what types of recipes each alternative works best in.](#)