

## My vegan egg replacers reminder

### EGG REPLACER

Apple purée

### HOW TO USE

60g/4 tbsp/¼ cup mixed with ½ tsp baking powder as a raising agent

### BEST FOR

Cakes, quick breads and brownies. Use in moist items, not anything crispy



Aquafaba

(tinned chickpea water, whisked)

Liquid from one tin (salt-free works best), whisked until stiff



Meringues, marshmallows, macarons, mayonnaise, mousse, some cakes, butter icing, cheeses and ice creams

Baking powder and cider vinegar

1 tsp baking powder + 1 tbsp cider vinegar. Mix together and add to the cake mix immediately



Banana



½ a medium-large banana, mashed thoroughly

Good in banana bread as well as quick breads, muffins, brownies, most cakes and pancakes

Chia seeds

1 tbsp chia seeds mixed with 2.5 tbsp water creates 1 'chia egg'. Let it rest for 5 minutes to turn gel-like

Similar to a 'flax egg' it works well in pancakes, muffins, cookies and quick breads

Commercial egg replacer

eg Ener-G Egg, Orgran, Free & Easy

1½ tsp + 2 tbsp water (use as directed on the packet)



Biscuits and cookies – items that are crispy

Gram flour

(also known as chickpea or besan flour) mixed with plain flour

2 tbsp gram flour for every 350g regular flour. Sieve well as it is prone to lumps

Pancakes, farinata/socca, Indian snacks (eg onion bhaji), nut loaves and savoury burgers



Ground flaxseed

(also known as linseed)



1 tbsp ground to a powder mixed with 3 tbsp warm water creates 1 'flax egg'. Mix together and let it sit for a few minutes until it turns gloopy

Pancakes, bran muffins, cakes, breads, oatmeal cookies, burgers and nut loaves. The taste can be quite strong so best to only use 1 egg's worth in any recipe

Silken tofu

55g/scant 4 tbsp/¼ cup mixed with ½ tsp baking powder

Cakes or other moist recipes – best not to use with biscuits or pancakes (makes them too heavy)

Soya flour

4 tsp mixed with 2 tsp water to form a paste

Cakes, muffins, cookies and other squidgy things. Also nut loaves and savoury burgers

Soya yoghurt

4 tbsp (or 500ml if making the Vegan Recipe Club's Luscious Vegan Sponge Cake)

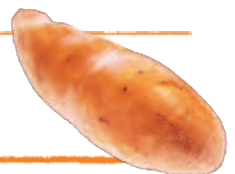


Makes things moist, so great to use in quick breads, cakes and muffins – best not to use with biscuits or anything crispy

Sweet potato

1 small sweet potato, peeled, cubed, steamed until soft then mashed to a purée

Use in the same way as apple purée or banana



## TOP TIPS!

Eggs are used to do two jobs: bind a mixture together and make it rise. These egg replacers do the binding part (apart from Aquafaba). To make cakes rise a bit more, use a little extra baking powder and/or bicarbonate of soda – anything from 1-4 tsp, depending on the type and size of the cake and whether plain or self-raising flour is used.

Mix all of your dry ingredients together first then add the liquid ingredients at the last minute (and don't overstir... just hand mix until thoroughly combined, then stop). When you don't use eggs, you're relying on the baking powder and bicarbonate of soda to do the leavening. They will start working straight away, so make sure you mix them up just before you put them in the oven!

See our cake recipes at Viva!'s [veganrecipeclub.org.uk](http://veganrecipeclub.org.uk) for lots more helpful baking hints and tips.