

# Beans, Rice And Everything Nice

## How to Substitute Eggs on a Whole-Foods Plant-based Diet

Cooking Method	Substitutions	Comments
<b>BAKING</b>  replace 1 large egg with:	• commercial powdered egg replacer	To prepare, follow the instructions on the package. Made mostly of starches, rather than whole-food, this option is best for times when you want a lighter result as in cakes or cupcakes.
	• 1 Tablespoon ground flax or chia seeds mixed with 3 Tablespoons warm water, warm applesauce, or left-over water from draining a can of beans (also known as aqua faba).	This method is good for binding (especially in gluten-free baking) and adding moisture to baked goods. Best for muffins and quick breads where you want a moist, dense crumb.
	• 4 Tablespoons (1/4 cup, 57 grams, or 2 ounces) blended soft or silken tofu, non-dairy yogurt, or unsweetened applesauce or other fruit puree such as banana.	Applesauce and tofu are the most neutral tasting. Other fruit purees will add some flavour and sweetness.
	• 2 Tablespoons of starch and 2 Tablespoons of liquid per 1 cup of flour to the recipe	Good for extra binding especially in gluten-free baking.
	• an extra 1 teaspoon baking soda and 1 Tablespoon vinegar to the recipe.	Good for extra leavening.
<b>Quiches and Custard-like Pies</b>	Replace each egg with 4 Tablespoons (1/4 cup, 57 grams, or 2 ounces) of tofu	Soft, Silken, Firm - all work.
<b>Omelettes and Frittatas</b>	Replace each egg with 1/4 cup chickpea or bean flour mixed with 1/4 cup water.	
<b>Scrambles</b>	• one package of regular Firm tofu • 2 cups or one can beans, drained, rinsed and slightly mashed.	
<b>Mayonnaise</b>	• hummus • avocado pureed with a little lemon juice • nut butter thinned with liquid • home-made tofu mayonnaise	

