

# EGG ALTERNATIVES

Each of the following is equivalent to *one* egg:

## **For Savory Recipes:**

**Soft tofu**—4 Tbsp blended with 1 tsp water

**Soya flour**—1 tsp blended with 1 Tbsp water

**Potatoes**—4 Tbsp mashed

## **For Sweet Recipes:**

**Bananas**—1/2 mashed banana

**Apple Sauce**—4 Tbsp

**Pureed Mango**—4 Tbsp

## **For either savory or sweet recipes:**

**Ener-G Egg Replacer**—1 1/2 tsp blended with 2 Tbsp water

(available at most health food stores)

**Flax**—Combine 3-4 tsp flax seeds with 1/2 cup water, bring to a boil, simmer 5-7 min., strain the flax seed out of the liquid and use the gel as the egg alternative



[www.vancouverhumanesociety.bc.ca](http://www.vancouverhumanesociety.bc.ca)

## Vancouver Humane Society

303-8623 Granville St.  
Vancouver, BC V3E 1E2

Phone: 604-266-9744  
Fax: 604-266-1311

[info@vancouverhumanesociety.bc.ca](mailto:info@vancouverhumanesociety.bc.ca)