**15 Effective Egg Substitute Ideas**

Is there anything that you can substitute in the meantime that’s already in your kitchen? Fortunately, there is! Here are several substitutes you can use in place of eggs that will still give you the same texture and consistency you desire. Be warned! Some of them are sure to surprise you. I’m not sure there’s one I’d consider the best egg substitute. Try a number of them yourself to see which substitute you prefer.

**1. Applesauce**

Let’s just go ahead and get an unusual one out of the way, shall we? Applesauce is a fruit puree that works surprisingly well as an egg substitute. For better results,  you should use unsweetened applesauce instead of sweetened or flavored applesauce, which adds too much sugar. Use 1/4 cup of applesauce for every egg that is called for in a recipe.

You can also use other food products like pumpkin puree. It may change the texture slightly, but when used in a typical recipe, the difference is usually negligible.

**2. Arrowroot Powder**

Arrowroot powder is a starchy substance that looks similar to cornstarch and will also work as an egg replacement. Add a mixture of 2 tablespoons of arrowroot powder, along with 3 tablespoons of water, for every egg that you are replacing. [**Arrowroot Powder**](https://amzn.to/3fXeSQR)

**3. Aquafaba**

Aquafaba is probably one you’ve never heard of, but there’s a good chance that you still have it in your home. It’s the **leftover liquid** that you find in a can of beans. For those looking for an egg substitute that can be used to make meringue for pies, Aquafaba is known to be used for this purpose, and it is vegan too.

Many people that use this as an egg substitute prefer to use garbanzo beans. Perhaps you’re worrying that there will be bean flavoring mixed in with the sweet baked goods that you’re trying to make.

**Three tablespoons of Aquafaba** is equivalent to one whole egg. Two tablespoons are equivalent to one egg white. Fear not, after it’s cooked, the flavor will disappear!

**4. Buttermilk or Yogurt**

Buttermilk and yogurt are both ingredients that can substitute in place of an egg. Just use 1/4 cup of buttermilk or yogurt for every egg that you need. It’s best to use plain yogurt so that you aren’t altering the flavor by using sweetened varieties.

**5. Carbonated Water**

A great leavening agent that will add instant moisture to a baking recipe, carbonated water has come to your rescue. It works great to create light and fluffy results, especially in recipes that include quick cakes, regular cakes, quick breads, some cookies, and cupcakes.

For every egg that you need, use 1/4 cup of carbonated water.

**6. Chia Seed or Ground Chia Seed**

As an effective egg substitute, use 3 tablespoons boiling water plus 1 tablespoon Chia seed or 2 teaspoons ground Chia seed. Mix together and let sit for 15 minutes. This equals one egg.

**7. Gelatin**

Another unusual ingredient, but just as effective, gelatin also works as a substitute for eggs. It’s an animal product derived from cows and pigs, so vegans may want to steer clear. [**Unflavored Gelatin**](https://amzn.to/2UafGEk)

Be sure that you use unflavored gelatin powder instead of the ones with flavoring. For each egg that you need, use a mixture of 1 tablespoon of gelatin and 1 tablespoon of water. The only difference is that you may notice a slightly stiffer texture in your end product.

**8. Ground Flaxseed**

Ground flaxseed works well when making pancakes, muffins, and delicious brownies. Just be aware that using too much can add a nutty flavor that may not be all that desirable. Note that some vegan cooks will use a product called flax egg as their egg substitute.

Use 1 tablespoon of ground flaxseed for every egg that a recipe calls for. [**Ground Flaxseed**](https://amzn.to/33AWSBb)

**9. Mashed Banana**

Mashed banana is another popular method that can replace eggs in a recipe.

Just be aware that your finish

ed product may have a slight banana taste to it, but if your banana nut bread recipe is called egg whites, a little more banana flavor will never hurt.

For every egg that your recipe is calling for, use 1/4 cup of mashed banana, that should do the trick.

**10. Mashed Potatoes**

This substitute might leave room for skepticism, but you’d be surprised. Mashed potatoes provide a texture and instant moisture that’s similar to that of an egg due to the potato starch.

If you’ve already added butter or cream to mash them, be aware that it’s no longer considered vegan. For each egg that a recipe calls for, use 1/4 cup of mashed potatoes or 2 tablespoons of instant mashed potatoes that have been rehydrated.

**11. Nut Butter**

Nut butter contains healthy fats, similar to eggs. They mix other ingredients just as effectively as eggs do but remember that they have a stronger flavor. Use 3 tablespoons of nut butter (non-crunchy) for every egg that you’ll need. [**Almond Butter**](https://amzn.to/39fZe9W)

Consider using peanut butter, butter from cashews, chickpeas, and tapioca starch, too. You can make your own if you have a good quality blender.

**12. Silken Tofu**

Silken tofu adds the thick texture that you’re looking for when you go to prepare your favorite brownie or chocolate pie recipe. For every egg that your recipe calls for, use ¼ cup of whipped or mashed silken tofu.

**13. Soy Lecithin**

Soy lecithin is a byproduct of soybean oil, working great to hold all your baking ingredients together just like eggs will provide the ability to bind ingredients, including the flour. You can also find soy lecithin in powder form at most health food stores. All you’ll need is one tablespoon of soy lecithin in place of one egg. [**Soy Lecithin**](https://amzn.to/3UrYMO2)

**14. Vegetable Oil, Water, and Baking Powder**

Another egg substitute that will work just as effectively is a mixture of vegetable oil, water, and baking powder. For each egg that a recipe calls for, you’ll combine 2 tablespoons of water, 1 tablespoon of vegetable oil, and 2 teaspoons of baking powder.

Just keep in mind that if a baking recipe calls for 3 or more eggs, using this substitute will result in an oily texture.

**15. Vinegar and Baking Soda**

When using one teaspoon of baking soda and one tablespoon of vinegar in the place of one egg, you’ll have great results with baked goods such as bread, cakes, and cupcakes. It will bring that light and airy consistency that makes baking recipes even better.