

WHERE EGG CAN BE HIDDEN

Souffles	Batters like:
Fritters	(pancakes & waffles)
Egg noodles	Pretzels
Ice cream	Mayonnaise
Water Ice	Hollandaise sauce
Egg Beaters	Mousse
Milkshakes	French toast
Cake	Pie crust
Cookies	Muffins
Doughnuts	Meringues
Macaroons	Tarter sauce
Pastries	Icings
Marshmallows	Root Beer
Chocolate Creams	Filled Candy bars
Hot dogs	Sausage casing
Prepared flours like:	Custards
(Bisquick, pancake flours)	Eggnog
Fried rice	Crème Brulee
Puddings	Hamburger mixes
Casseroles	Quiche
Most noodle soups	Flan

CHECK LABELS!

Many "Egg Substitutes" found
in grocery stores have
egg in them!

OTHER EGG SUBSTITUTES

Commercial egg substitutes, such as:

Kingsmill Food Egg Replacer®,
Celimix Brand Egg Replacer® and
Ener-g Egg Replacer®,
are available and can be ordered directly
from the company or found in
some health food stores.

EGG SUBSTITUTES

BAKING

1 egg = 2-3 T. of water
1 egg = 1 T. of soy flour or cornstarch
+ 2 T. of water
1 egg = 1 ounce of mashed tofu
1 egg = 1 t. of unflavored gelatin
1 egg = 2 T. flour + ½ t. shortening
+ ½ t. baking powder + 2 T. water
In muffins and cookies ½ a banana = 1 egg

BINDING

For meatloafs and burgers, try any of the
following:

Tomato paste
Mashed potato
Moistened breadcrumbs
Rolled oats

1 egg = ¼ cup of applesauce or pureed prunes
1 egg = 1½ water + 1½ oil + 1 t. baking powder
1 egg = 3 T. of combined mixture: 1 cup of
boiling water + 1 packet of unflavored gelatin
1 egg = 1 T. of apricot puree
1 egg = ¼ cup of soft tofu
1 egg = ¼ cup of soymilk

LEAVENING (1-3 eggs)

1 t. Baking powder + 1 T. Liquid + 1 T. vinegar
(add vinegar at the end separately for rising)

2 T. carbonated water + 2 t. baking flour
Dissolve 1 tsp. yeast in ¼ cup warm water

1 T. arrowroot powder + 3 T. water

WHIPPING

¼ t. xanthan gum + ¼ cup of water
Let stand. It thickens, and can be whipped like
an egg white.

"I CAN'T BELIEVE IT HAS NO EGGS" CHEESECAKE!

Crust:

1½ cups finely crushed chocolate cookie crumbs
or graham cracker crumbs
½ cup margarine, melted
2 T. sugar

Filling:

1 – 8 oz. pkg. of cream cheese
2 – 8 oz. pkgs. of low-fat cream cheese
½ cup sweetened condensed milk
½ cup sugar
¼ t. baking soda
2 t. baking powder
¼ sup cornstarch
1 T. lemon juice
½ t. grated lemon rind
1 T. vanilla extract
1 pint (16 oz.) light sour cream

Combine crust ingredients in a bowl, mix and
press into an ungreased 9" pan.
Put all but sour cream filling items in bowl and
mix with handheld mixer until smooth ~ 3 min.
Add sour cream & blend well. Pour into pan.
Bake for 1 hour in preheated oven at 300° F.
Knife inserted in outer cake should come out
clean when cake is done. Middle will still be
creamy. Turn off oven and open door and let
cake sit in oven for another 2-3 hours to cool
slowly.

ICE CREAM

HOMEMADE AND EGG FREE!

2 T. of gelatin	1½ cups sugar
½ cup of cold water	¼ t. salt
2 cups milk, hot	1½ T. vanilla
6 cups half-and-half	

Soften gelatin in cold water before adding to the
hot milk. Be sure gelatin is completely dissolved.
Add remaining ingredients. Chill thoroughly.
Freeze in a gallon ice cream freezer using 1 part
salt to 6 parts ice.

Yield: about 3 quarts