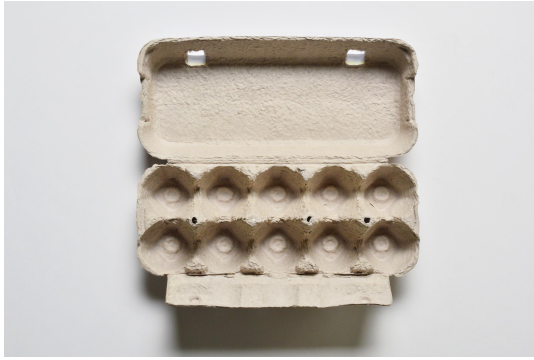




Wondering What to Substitute for Eggs in Baking? Try These 8 Easy Swaps

By Mary Margaret Chappell
2025-03-27 13:42:20



Eggs play several roles in baking, from binding and adding moisture to creating lift and texture. Fortunately, a variety of plant-based ingredients can replicate these functions, often with a healthier nutritional profile. Plus, many egg substitutes are budget-friendly and made from pantry staples you may already have on hand.

In this quick guide, we break down the best vegan egg swaps for baking, complete with measurements and tips to help you get the perfect results. Whether you're vegan or just looking to [save money on groceries](#) or [reduce your cholesterol](#) intake, these egg alternatives will keep your favorite baking recipes fluffy, moist, and delicious!

Egg Swaps for Baking

Eggs primarily function as binders in baked goods, so you can't just omit them or replace them with water or liquid. But you can use one of the following alternatives to hold batters and dough together in place of eggs. The amounts in the list below equal one egg.

Applesauce

Applesauce adds wholesome sweetness to baked goods, as well. Use $\frac{1}{4}$ cup to replace one egg.

Fruit purees or baby food

Like applesauce, these add sweetness, too. Prune puree is especially good in chocolate recipes, as the prunes' darker color isn't an issue. Use $\frac{1}{4}$ cup to replace one egg.

Squash, pumpkin, or sweet potato puree

Squash, pumpkin, or sweet potato puree add a gorgeous golden "egg-like" color. Use $\frac{1}{4}$ cup to replace one egg.

Aquafaba



[Aquafaba](#) works especially well in meringues, macarons, and other delicate baked goods. It can be whipped for several minutes to replace beaten egg whites. Whisk 3 tablespoons of aquafaba until frothy, to replace one egg.

Banana

Use $\frac{1}{4}$ cup mashed [banana](#) (the riper the better) to replace one egg. Note that the banana flavor may come through in recipes.

Ground flaxseeds

(continued)

Wondering What to Substitute for Eggs in Baking? Try These 8 Easy Swaps

By Mary Margaret Chappell
March 27 2025



“Flax eggs” are great for keeping baked goods moist. To make one flax egg (equivalent to one regular egg), in a small bowl stir 1 tablespoon of ground flaxseeds (aka flaxseed meal) with 3 tablespoons of water. Allow to thicken for 5 minutes.

Chia seeds

Like flaxseeds, chia seeds are an excellent substitute for eggs in baked goods. Whole chia seeds will add a poppy seed-like texture to the finished product. Ground chia seeds result in a smoother texture. To make one chia egg (equivalent to one regular egg), in a small bowl stir 1 tablespoon whole or ground chia seeds into 3 tablespoons water. Allow to gel for 10 minutes.

Tofu

Tofu's creamy texture helps keep delicate baked goods tender. To replace one egg with tofu, simply blend ¼ cup of silken, soft, or firm tofu until smooth; then use as directed in recipes.

Egg-Free Cooking

It's easy to cook without eggs once you know the right substitutes! From scrambles to savory dishes, you don't have to miss out on classic favorites. Check out our [roundup of egg-free recipes](#) that deliver all the flavor and texture—without the eggs.

Breakfast Inspo

Not sure what to make for breakfast without eggs?

Whether you're craving something hearty, protein-packed, or sweet, these [easy plant-based breakfast recipes](#) will keep you energized all morning long.

