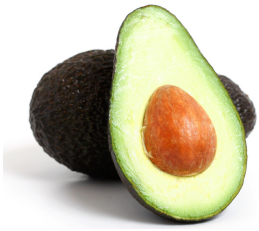
AFROVEGAN SOCIETY

TRY THESE ALTERNATIVES INSTEAD OF EGGS



AVOCADOS

1 Egg = 1/2 mashed avocado
Good for: Chocolate baked goods

BANANAS

1 Egg = 1 ripe mashed banana
Good for: Cookies, muffins, cake , pancakes

APPLESAUCE

1 Egg = 1/4 cup applesauce
Good for: Bread & Muffins

OATS

1 Egg = 3 Tbsp oat flakes
Good for: Veggie burgers & meatballs

CHIA SEEDS

1 Egg = 1 Tbsp seeds + 3 Tbsp water
Pudding, cupcakes, bread, brownies, cookies, pizza crust

BREADCRUMBS

1 Egg = 3 Tbsp breadcrumbs
Good for: Vegan crabcakes, lentil loaf, veggie burgers

POTATO STARCH

1 Egg = 1 Tbsp starch + 2 Tbsp water
Good for: Bread, muffins

CHICKPEA BRINE

1 Egg = 1/4 cup chickpea brine
Good for: Meringues, cakes, cookies, brownies

FLAX SEEDS

1 Egg = 1 Tbsp seeds + 3 Tbsp water
Good for: Bread dough, cookies, crackers