

EGG SUBSTITUTION CHART

Here is an easy chart to follow if you need to avoid eggs.



Chia
Seeds

1 tbsp (15 mL)
chia seeds

+

4 tbsp (60 mL)
water

=

1 egg

Let sit for 10 minutes.



Ground
Flaxseeds

1 tbsp (15 mL)
ground flaxseeds

+

3 tbsp (45 mL)
water

=

1 egg

Let sit for 10 minutes



Combination
of ground and/or
sprouted chia/
flax mix

1 tbsp (15 mL)
mixed chia/flax

+

4 tbsp (60 mL)
water

=

1 egg

Let sit for 10 minutes.



Applesauce

¼ cup (60 mL)
unsweetened
applesauce

=

1 egg



Banana

½ medium
ripe banana

=

1 egg

Note: If a recipe calls for more than two eggs, these substitutions are less likely to be effective.

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