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FRESH PRODUCE · DAIRY PRODUCTS · SPECIALTY FOODS · DESSERTS

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EGG SUBSTITUTES

CHEAT SHEET



1 Egg

Good For

1/4 CUP PLAIN YOGURT

MUFFINS, BROWNIES, BARS

1/2 CUP PUREED APPLE

CAKES, MUFFINS, BROWNIES

1/2 MASHED BANANA
+ 1 TBSP WATER

BREADS, BROWNIES, CAKES

3 TBSP PEANUT BUTTER

CAKES, PANCAKES,
BROWNIES

1 TBSP APPLE CIDER VINEGAR
+ 1 TSP BAKING POWDER

CAKES, BREADS, MUFFINS