

You've been avoiding eggs while on the Elimination Diet and now after your follow-up you've been told you should avoid eggs for Ultra Health. However many of of the recipes you find for cakes, breads, and cookies contain egg. What's a person to do?!

Egg Substitutes for Baking

There are a handful of powdered egg substitutes on the market (Ener-G foods makes one with potato starch that comes to mind) but these sometime contain other allergens or foods not allowed on the Ultra Health Elimination Diet. The better option is to use whole foods. If you do decide to use a packaged substitute, make sure to read labels carefully.



1 tablespoon of flax meal, chia seeds, or salba seeds + 3 tablespoons hot water.
Let it stand, stirring occasionally, for 10 minutes or until thickened. Use without straining.

4 tablespoons pureed organic silken tofu + 1 teaspoon baking powder

4 tablespoons unsweetened applesauce + 1teaspoon baking powder

¼ cup puréed prunes, pumpkin, butternut squash

¼ cup plain mashed potatoes or sweet potatoes

2 tablespoons potato starch

2 tablespoons water +1 tablespoon oil + 2 tsp baking powder

Tips:

If recipe calls for 3 or more eggs, choose a replacer that will perform the same function (i.e., binding or leavening).

Trying to replicate airy baked goods, like an angel food cake, can be very difficult. It is not advised. If you are making an egg based dish, like a quiche, use organic puréed silken tofu.

Using fruit typically results in a denser baked good, still delicious, but dense. If you want a lighter texture, adding an extra ½ teaspoon of baking powder will help.

Because egg substitutes add moisture, you may have to increase baking time slightly.

Please remember, depending on where you are at in the Elimination Diet, the results of your food challenge or the results from your testing, some of these substitutes may not be appropriate for you.