



## WHERE EGG CAN BE HIDDEN

Souffles	Batters like:
Fritters	(pancakes & waffles)
Egg noodles	Pretzels
Ice cream	Mayonnaise
Water Ice	Hollandaise sauce
Egg Beaters	Mousse
Milkshakes	French toast
Cake	Pie crust
Cookies	Muffins
Doughnuts	Meringues
Macaroons	Tarter sauce
Pastries	Icings
Marshmallows	Root Beer
Chocolate Creams	Filled Candy bars
Hot dogs	Sausage casing
Prepared flours like:	Custards
(Bisquick, pancake flours)	Eggnog
Fried rice	Crème Brulee
Puddings	Hamburger mixes
Casseroles	Quiche
Most noodle soups	Flan

### CHECK LABELS!

Many "Egg Substitutes" found  
in grocery stores have  
egg in them!

### OTHER EGG SUBSTITUTES

Commercial egg substitutes, such as:

**Kingsmill Food Egg Replacer®**,  
**Celimix Brand Egg Replacer®** and  
**Ener-g Egg Replacer®**,  
are available and can be ordered directly  
from the company or found in  
some health food stores.

## EGG SUBSTITUTES

### **BAKING**

1 egg = 2-3 T. of water  
1 egg = 1 T. of soy flour or cornstarch  
+ 2 T. of water  
1 egg = 1 ounce of mashed tofu  
1 egg = 1 t. of unflavored gelatin  
1 egg = 2 T. flour + ½ t. shortening  
+ ½ t. baking powder + 2 T. water  
In muffins and cookies ½ a banana = 1 egg

### **BINDING**

For meatloafs and burgers, try any of the  
following:

Tomato paste  
Mashed potato  
Moistened breadcrumbs  
Rolled oats

1 egg = ¼ cup of applesauce or pureed prunes  
1 egg = 1½ water + 1½ oil + 1 t. baking powder  
1 egg = 3 T. of combined mixture: 1 cup of  
boiling water + 1 packet of unflavored gelatin  
1 egg = 1 T. of apricot puree  
1 egg = ¼ cup of soft tofu  
1 egg = ¼ cup of soymilk

### **LEAVENING (1-3 eggs)**

1 t. Baking powder + 1 T. Liquid + 1 T. vinegar  
(add vinegar at the end separately for rising)

2 T. carbonated water + 2 t. baking flour  
Dissolve 1 tsp. yeast in ¼ cup warm water

1 T. arrowroot powder + 3 T. water

### **WHIPPING**

¼ t. xanthan gum + ¼ cup of water  
Let stand. It thickens, and can be whipped like  
an egg white.

## "I CAN'T BELIEVE IT HAS NO EGGS" CHEESECAKE!

### **Crust:**

1½ cups finely crushed chocolate cookie crumbs  
or graham cracker crumbs  
½ cup margarine, melted  
2 T. sugar

### **Filling:**

1 – 8 oz. pkg. of cream cheese  
2 – 8 oz. pkgs. of low-fat cream cheese  
½ cup sweetened condensed milk  
½ cup sugar  
¼ t. baking soda  
2 t. baking powder  
¼ sup cornstarch  
1 T. lemon juice  
½ t. grated lemon rind  
1 T. vanilla extract  
1 pint (16 oz.) light sour cream

Combine crust ingredients in a bowl, mix and  
press into an ungreased 9" pan.  
Put all but sour cream filling items in bowl and  
mix with handheld mixer until smooth ~ 3 min.  
Add sour cream & blend well. Pour into pan.  
Bake for 1 hour in preheated oven at 300° F.  
Knife inserted in outer cake should come out  
clean when cake is done. Middle will still be  
creamy. Turn off oven and open door and let  
cake sit in oven for another 2-3 hours to cool  
slowly.

### ICE CREAM

### HOMEMADE AND EGG FREE!

2 T. of gelatin	1½ cups sugar
½ cup of cold water	¼ t. salt
2 cups milk, hot	1½ T. vanilla
6 cups half-and-half	

Soften gelatin in cold water before adding to the  
hot milk. Be sure gelatin is completely dissolved.  
Add remaining ingredients. Chill thoroughly.  
Freeze in a gallon ice cream freezer using 1 part  
salt to 6 parts ice.

Yield: about 3 quarts