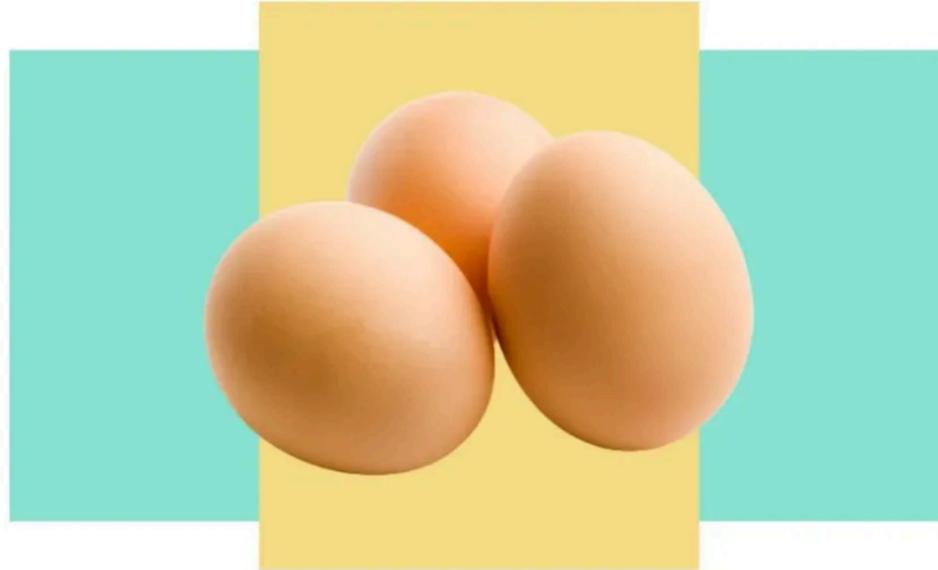


## KITCHEN &amp; COOKING

## EGG SUBSTITUTES TO USE IN COOKING AND BAKING AMID HIGH PRICES

Don't break the bank cracking eggs.



Written by [Kaleb A. Brown](#), News Staff Writer who ties events you care about to products you need.  
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**Egg** prices appear to be on the rise again, **averaging \$3.00 per dozen**, the highest it's been since April of last year—especially ahead of **Easter**. If you've been grocery shopping these past few years, you've likely done this song and dance before. Since 2022, the egg industry has struggled with a bird flu outbreak that's slashed supply. In January 2023, a dozen eggs cost an average of \$4.82. While you can be thankful that prices aren't as bad as they were, that still leaves the question of how you're going to save money *now*.

Fortunately for you, we've compiled a list of all the best, most cost-eggfective alternatives for your **kitchen and cooking** needs. Whether you're baking a cake or preparing breakfast, here are ways to get your egg fix without breaking the bank.

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## Why are eggs so expensive?

The blame in the spikes in egg prices over the past few years can be placed on avian influenza. As this virus kills egg-laying hens, the supply for eggs drops, and thus the price goes up. While infections fell **last spring**, they began to climb again in November. That said, egg prices are still **down 17% from this time last year**.

## Egg substitutes to use in baking

As an ingredient in baking, an egg's combined fat and proteins are used for various functions. An egg can bind two ingredients that wouldn't mix otherwise (called emulsification), thicken mixtures, and give food structure. All these traits, plus its mild flavor, make the egg a versatile ingredient. Replacements need to take this into account, either by matching the versatility of an egg or by achieving the specific function needed from an egg in each recipe.

### Pre-made powder replacement

One of the more straightforward replacements for eggs in baking is pre-made powder replacements, such as Bob's Red Mill Egg Replacer. To use in place of eggs, you just need to add water. It works great as a binder and results in baked goods that taste identical to their equivalents that use eggs.



#### Egg replacer

Pre-made egg replacements are straightforward.

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### Home-made powdered egg replacement

To save money, if you have all the ingredients, you can make your own powdered egg replacement at home. Two **tablespoons** of water, two teaspoons of baking powder, and one teaspoon of vegetable oil make the equivalent of one large egg in recipes. This mixture makes for a tasteless binder that works as well as actual eggs.



#### Clabber Girl Gluten Free Double Acting Baking Powder

You can use baking powder to make your own powdered egg replacement.

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### Flax egg

Another replacement for eggs is a mixture of ground flax seeds and water. Commonly known as a "flax egg," this mixture combines the proteins and fats you'd find in an actual egg. To make this, you just need to combine one tablespoon of ground flax seed (if you have whole flax seed, you can grind it up in a **coffee grinder**) and 3 tablespoons of room temperature water. Let the mixture rest for about five minutes until its consistency is gelatinous. You can use boiling water to speed this process up by about three minutes.



#### Bob's Red Mill Gluten Free Whole Ground Flaxseed Meal

Flax seed can also be used as an egg replacement.

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## Aquafaba

**Aquafaba** is another egg replacement. It's comprised of whipped leftover liquid from chickpeas. Cream of Tartar is often added to make the **whipping** process easier.



### Chickpeas Garbanzo Beans

Aquafaba consists of whipped chickpea liquid.

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### Cream of Tartar

Use cream of Tartar in your aquafaba to make whipping easier.

**BUY NOW**  
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## Mashed fruits

Apple sauce and mashed bananas are also often used in place of eggs for baking recipes. Both work exceptionally well as binders and add unique flavors. Apple sauce gives recipes moisture and a mild apple flavor. The flavor profile of mashed bananas is much bolder than applesauce, so keep that in mind when using it as a replacement.



### Organic Bananas

Bananas can be used as an egg replacement.

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### Unsweetened applesauce

Use applesauce as an egg replacement.

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## Egg wash substitutes to try

An "egg wash" refers to lightly brushing a pastry with a thin layer of egg to give it a golden sheen as it bakes. Think: croissants, biscuits, and **pie** crusts. There are several replacement options for your consideration when it comes to an egg wash.

## Butter

Butter is often used for the same purpose as egg washes, making for an easy replacement. In some instances, using butter makes for an even better result than an egg wash, as it will give a pastry more flavor, softness, and shine than an egg wash would. If you have no stake in the great "butter vs. margarine" debate, then the latter can be used instead, and at a cheaper cost.



### Land O Lakes Salted Butter

Butter brushes make for great egg wash alternatives.

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### Country Crock Original Vegetable Oil Spread Tub

Margarine makes for a cheaper alternative that's just as tasty.

**BUY NOW**  
at Target

## Milk

Milk or heavy cream can work better than butter in some instances, as their higher level of protein will yield crispier and more golden crusts. Simply use one tablespoon of milk or cream for every 1/4 cup of egg wash that the recipe calls for.



### 2% Reduced Fat Milk

Milk will yield crispier crusts.

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### Nestle Media Crema Table Cream

Heavy cream can yield crispier crusts, too.

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at Target

## Oil

Another egg wash alternative is any kind of vegetable oil. Depending on the oil, the taste will be relatively neutral, like that of an egg. Whatever oil you decide to go with, just make sure not to overdo it as too much oil can result in greasy or burnt pastries.



### Extra Virgin Olive Oil

Oil can make for a neutral-tasting egg wash alternative.

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at Target

## Egg substitutes for protein and breakfast

Beyond baking, eggs are often used in cooking, whether by themselves or in a meal, where there are a variety of replacements to choose from.

### Tofu

Eggs are often used in a dish because they provide protein while not being too intrusive taste-wise. Eggs are ultimately what you make of them—a lot of their taste is dictated by how you season them and what you eat them with. Because of this, tofu makes for a great substitute. Like eggs, tofu is rich in protein. Tofu can be flavorless and is highly

absorbent, so you can make it taste however you please using seasoning and marinades. Tofu can also have a varied number of textures depending on how you cook them. For breakfast, tofu can be fried, seasoned, and scrambled to mimic eggs.



### Organic Extra-Firm Gluten Free Plant Based Tofu

Like eggs, tofu is versatile.

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at Target

## Yogurt

There are plenty of other healthy sources of protein to start off your day. One option is to eat Greek yogurt for breakfast. Not only is it chock full of protein, but it's also filled with healthy nutrients that your body needs. If you find the taste a bit bland, you can always add granola and fruit to spice it up. Reviewed kitchen and cooking editor Monica Petrucci opts for **this one** in particular saying, "It's great for anyone with a lactose sensitivity because it still contains all the beneficial protein and probiotics of real yogurt without the side effects. It's great in smoothies, with granola and berries, or—if you're looking extra protein—with mixed-in peanut butter or hemp seeds!"



### Fage Lowfat 2% Lactose Free BestSelf Plain Greek Yogurt

This yogurt is tasty and perfect for anyone with lactose sensitivities.

**BUY NOW**  
at Instacart

## Peanut butter

Peanut butter is another tasty source of protein. With its salty, nutty flavor, it makes for a great salted egg replacement for breakfast or as a snack. We recommend spreading it across your favorite type of toast.



### Jif Creamy Peanut Butter

Peanut butter makes for a tasty egg replacement.

**BUY NOW**  
at Target

## Oat additives

Oats are a breakfast staple and if you'd like to add a bit of protein to yours, we recommend using a bit of nut butter to enhance the flavor. It will add a rich, savory taste to your oats. For a milder taste for your protein, you can substitute nut butter with cottage cheese.



### Justin's Classic Almond Butter

Add a rich, savory source of protein to your oats with nut butter such as almond butter.

**BUY NOW**  
at Target



### Good Culture 2% Low-Fat Classic Cottage Cheese

Use cottage cheese for a milder source of protein.

**BUY NOW**  
at Target

## Power waffles

If you're a fan of **waffles**, then there's an egg substitute just for you. Shark Tank alumnus Kodiak's Power Waffles pack a whopping 12g of protein in each serving of two waffles. Power Waffles do a better job of fueling you through the morning than standard waffles do, while still retaining a subtly sweet taste and, of course, the wonderful pockets that serve as a vessel for your favorite toppings.



### Kodiak Frozen Power Waffles Buttermilk & Vanilla

These waffles are high in protein.

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