Egg swaps for baking and cooking

Each amount replaces one large egg. Swaps bind and add moisture; few of them lift like egg, so expect a denser bake.

⚠ Cooking for an egg or milk allergy? Many swaps contain other allergens, named in the last column. Use a swap only if everyone eating can have every allergen in it, and read the Contains and May contain lines every time.

Swap	Per egg	Works best in	⚠ Allergens in it
Flax egg	1 tbsp ground flaxseed + 3 tbsp water. Rest 5 minutes.	Muffins, cookies, pancakes, brownies. Binds, but does not lift.	Flaxseed. Read the May contain line.
Chia egg	1 tbsp chia seeds + 3 tbsp water. Rest 5 to 10 minutes.	Muffins, quick breads, cookies. Adds a little crunch.	Chia seed. Read the May contain line.
Aquafaba	3 tbsp per egg (some bakers use up to 1/4 cup). Whip it for meringue.	Cakes, muffins, cookies, meringue.	Chickpea, a legume. Canned chickpeas can also carry other allergens: read the can.
Applesauce	1/4 cup unsweetened per egg.	Muffins, brownies, moist cakes. Makes them denser.	Apple. Read the label for anything added.
Mashed banana	1/4 cup ripe banana per egg.	Muffins, pancakes, banana bread. Adds banana flavor.	Banana.
Peanut or nut butter	3 tbsp per egg.	Cookies and brownies. Adds a nut flavor.	Peanuts or tree nuts.
Boxed egg replacer	Follow the pack.	Cookies, cakes, quick breads.	Varies by brand. Read the Contains line.

Good to know

- Liquid egg substitutes sold in cartons are often made from egg whites. They are not for egg allergy or vegans.
- Swaps work best when a recipe has 1 to 3 eggs. Angel food, sponge and pound cakes rarely work.
- For a scramble, crumbled firm tofu stands in for eggs. Tofu is soy.

Swaps that worked for us

PlatePal scans a barcode and flags egg, milk and your other allergens in seconds. Free.
Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. Information, not medical advice. Follow your allergist or doctor. Recipes change: always read the label. Free to print and copy for personal and classroom use.

Dairy swaps for baking and cooking

Unsweetened, plain versions work best. Full fat swaps behave most like the dairy they replace.

⚠ Cooking for an egg or milk allergy? Many swaps contain other allergens, named in the last column. Use a swap only if everyone eating can have every allergen in it, and read the Contains and May contain lines every time.

Instead of	Try	How much	Works best in	⚠ Allergens in it
Milk	Soy milk	1 to 1	Baking, sauces, custards. Closest to milk in protein.	Soy.
Milk	Almond or cashew milk	1 to 1	Baking, cereal, smoothies.	Tree nuts.
Milk	Oat milk	1 to 1	Baking, coffee, sauces.	Oats. Can contain gluten unless the pack is certified gluten-free.
Milk	Pea milk	1 to 1	Baking, cereal, coffee.	Pea, a legume. Read the May contain line.
Buttermilk	Plant milk + 1 tbsp lemon juice or vinegar	Per cup. Rest 5 minutes.	Pancakes, biscuits, cakes.	Whatever is in the plant milk you use.
Heavy cream	Coconut cream (thick top of a chilled can)	1 to 1	Whipped topping, curries, soups.	Coconut. Not a US major allergen since 2025, but some people react.
Cream in sauces	Cashew cream (soaked cashews, blended)	Blend to the thickness you need.	Pasta sauce, soups, dips.	Tree nuts (cashew).
Melted butter	Olive oil	3/4 the amount	Muffins, brownies, cookies made with melted butter.	Olive. Read the label.
Butter	Plant butter block or spread	1 to 1	Creaming, pastry, spreading.	Can contain soy, nuts or coconut. Some spreads contain whey or buttermilk.
Butter on toast	Peanut or almond butter	As a spread	Toast, oatmeal.	Peanuts or tree nuts.
Yogurt	Soy, coconut, almond or oat yogurt	1 to 1	Baking, breakfast, dips.	Soy, coconut, tree nuts or oats, by base.
Cheese flavor	Nutritional yeast	Sprinkle to taste	Pasta, popcorn, sauces.	Yeast. Read the label.

Good to know

- Non-dairy on a US label does not mean there is no milk. Many non-dairy creamers contain caseinate, a milk protein.
- Label words that mean milk: casein, caseinate, whey, lactose, ghee, butterfat, milk solids.
- Pick unsweetened, plain plant milks for savory cooking.

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