

How to Make Homemade Egg Substitute

*This free How To tip sheet was produced by the Cheapskates Club –
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Eggs are among the most nutritious, value for money and economical foods on earth and can be part of a healthy diet. However, they are perishable just like raw meat, poultry, and fish. To be safe, eggs must be properly handled, refrigerated, and cooked.

It is recommended that no one should eat foods containing raw eggs due to the risk of Salmonella poisoning. Cracked or broken egg shells are obvious points of contamination but occasionally a clean, unbroken egg can be the cause of severe Salmonella poisoning (the actual bug is called Salmonella enteritidis).

To make a recipe safe that specifies using eggs that aren't cooked, heat the eggs in a liquid from the recipe over low heat, stirring constantly, until the mixture reaches 160°F. Then combine it with the other ingredients and complete the recipe.

What is a good substitute for eggs?

Orgran Egg Substitute - follow directions on box.

2 tbsp cornflour = 1 egg

2 tbsp arrowroot flour = 1 egg

1 heaped tbsp soy flour + 2 tbsp water = 1 egg

1 tbsp soy milk powder + 1 tbsp cornflour + 2 tbsp water = 1 egg.

1 banana = 1 egg in cakes

Low Cholesterol Egg Substitute

Homemade egg substitutes are less expensive and the end result is just as satisfactory as using fresh eggs.

Ingredients:

1 tablespoon of non-fat dry milk powder

2 egg whites from large eggs

4 drops of yellow food colour (optional, depending on use. If in cooking, not necessary, scrambled eggs and omelettes look better with a little colour in them).

Method:

Sprinkle powdered milk over egg whites, beat with fork until smooth. Add food colour and beat until blended. This makes 1/4 cup, which is equal to 1 large egg. If you use this homemade substitute for scrambled eggs or an omelette, cook it in vegetable oil or margarine so the eggs won't be too dry.

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and energy and still have fun!*
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