

# 14 AIP Egg Substitutes



## Gelatin Egg

1 tbsp of gelatin whisked with 3 tbsp of hot water until frothy. This is usually considered to be one of the best AIP egg substitutes



## Agar Agar Egg

Similar to the gelatin egg, this is a Vegan/Vegetarian replacement made from seaweed. It's usually made with less water though, so 1 tbsp of Agar Agar powder and 1 tbsp of water. Tends to be a bit lighter as well so can work well in place of egg whites



## Mashed Banana

1/4 cup mashed very ripe banana, which typically is around 1 banana, works well in a lot of baked goods. Note: It can impart a banana flavor.



## Applesauce

1/4 cup applesauce for 1 egg. Some people think 1 tbsp of fat added to it helps with the texture, so like 1 tbsp lard, coconut oil, palm shortening, etc



## Prunes

This was new to me while researching this post, but apparently 1/4 cup pureed prunes can replace an egg

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## Sweet Potato

1/4 cup sweet potato puree per egg - Steam or roast the sweet potato until soft, then mash it into a puree (This one can be frozen in 1/4 cup servings really easily as well, for easy access when needed)

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## Coconut Milk Yogurt

1/4 cup per egg (make sure no non-compliant ingredients)

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## Pumpkin or Butternut Squash

Like the sweet potato puree, 1/4 cup works per egg. You can make your own puree by roasting or steaming a pumpkin or squash or buy cans of pre-pureed. Just make sure the rest of the ingredients are AIP-compliant.

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## Coconut Cream

1/4 cup Coconut cream per egg. This is the solid stuff from the top of a refrigerated can of coconut milk or you can also buy coconut cream cans as well. Just make sure you get guar gum-free if on AIP

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## Plantains

This is a popular AIP egg substitute. 1/4 cup of mashed RIPE plantains (yellowish black to black) or 1/3 cup of green plantains per egg Note: 1 regular sized plantain usually mashes to around 3/4 of a cup



## Arrowroot or Tapioca Starch

Store-bought egg replacements tend to be made of arrowroot, tapioca, or potato starches, so you can make your own with 2 tbsp of arrowroot powder or tapioca starch, 2-3 tbsp of water, and a pinch of a leavening agent like baking soda or homemade AIP baking powder.



## Avocado

This one is best for a dense baked good, like a brownie, but 2 tbs - 1/4 cup mashed avocado can be used per egg. It seems these baked goods tend to cave in more, but are still delicious nonetheless



## Baking Soda and Vinegar

It can clean your sinks AND make an egg replacement, lol. This helps to make light and airy baked goods, 1 tsp Baking Soda with 1 tbsp of Apple Cider Vinegar or White Wine Vinegar works per egg. I find this best used in things like waffles and pancakes



## Carbonated Water

It really works well in light and airy type baked goods or items like pancakes, crepes, dosas, etc. I use my SodaStream to make bubbly water from some filtered water and just add 1/4 cup of water per egg

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