



** This news release from K-State Research and Extension is available online at <https://ksre-learn.com/egg-substitutes>

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What can replace eggs in the kitchen?

K-State food scientist says tofu, chia or flax seeds are among the options

K-State Research and Extension news service

MANHATTAN, Kan – As egg prices continue to increase in grocery stores, Kansas State University food scientist Karen Blakeslee said it might be beneficial to consider replacing eggs in certain recipes.

Blakeslee said the type of egg substitute to choose depends on the end product and the function it needs to provide. She cited information from her extension colleagues at the University of Illinois, who published [various substitutes for recipes that require binding, leavening, moisture and other alternatives](#).

Blakeslee recommends using two ounces of extra-firm tofu to replace one boiled egg. If a recipe utilizes eggs to hold ingredients together, Blakeslee suggests using one tablespoon of chia seeds or ground flax seeds mixed with three tablespoons of water to replace one egg.

Another option, she said, is one package plain gelatin and two tablespoons of warm water to replace one egg.

“For leavening in baking, use the chia or flax seed mixture plus a half teaspoon of baking powder for each egg,” Blakeslee said. “For moistness in baking, use a quarter cup applesauce, mashed banana, pureed avocado, pureed garbanzo beans, or silken tofu for each egg. Another option is two tablespoons mayonnaise for each egg.”

According to the [American Egg Board](#), shell eggs in the original carton can be stored in the refrigerator cabinet for 4-5 weeks beyond the pack date.

“This will likely go past the ‘sell by’ date on the carton, but they will be safe to use after that date as long as they have been refrigerated. This can help reduce food waste,” Blakeslee said.

Blakeslee also suggested [freezing eggs](#) for later use.

“Think about cutting back daily egg use to every other day to change up your routine and add variety,” Blakeslee said.

Blakeslee publishes a monthly newsletter called [You Asked It!](#) that provides numerous tips on being safe and healthy. More information also is available from [local extension offices](#) in Kansas.

-30-

FOR PRINT PUBLICATIONS: Links used in this story
Rapid Response Center for food science, <https://www.rrc.k-state.edu>

You Asked It! newsletter, <https://www.rrc.k-state.edu/newsletter/>

Freezing eggs, <https://nchfp.uga.edu/how/freeze/dairy-products/freezing-eggs>

American Egg Board, <https://www.incredibleegg.org/recipes/cooking-school/egg-storage-how-long-do-eggs-last/>

K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>

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