

Eggs

Food	Amount	Substitute
Egg (for baking)	1	1 egg yolk, 1 tbsp water
Egg	1	Mix 2 tbsp of milk with 1/2 tsp baking powder
Egg	1	2 egg yolks
Egg	1	1 egg white plus 2 tsp oil
Egg	1	2 egg whites
Egg	1	1/4 cup cholesterol-free egg substitute
Egg	1	2 egg yolks (for puddings or custard)
Egg	1	2 egg yolks plus 1 tbsp water (for bars or cookies)
Egg Substitute	1 egg	2 egg whites plus 1-3 tsp vegetable oil for each yolk omitted
Egg Substitute	1 egg	1 egg white, 2 1/4 tsp nonfat dry milk powder, 2 tsp vegetable oil
Egg White	1	1 tbsp meringue powder plus 2 tbsp water
Egg Yolks	2	1 whole egg
Egg Yolks	1 large egg yolk	2 tbsp egg substitute

