



-Vegan alternatives-

VEGAN EGGS

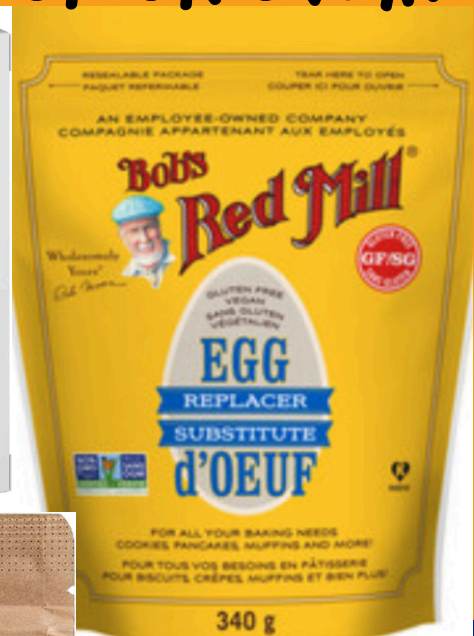
NJVEG.ORG

VEGAN EGG PRODUCTS

FROM EGG REPLACEMENT POWDER TO LIQUID VEGAN EGGS. EVEN SUNNY SIDE UP EGGS, HARD BOILED, AND SCRAMBLED.

THE OPTIONS FOR VEGAN EGGS ARE BROADENING!

EACH BRAND HAS DIFFERENT INGREDIENTS: SOME INCLUDE SOY, MUNG BEANS, LUPIN BEANS, PEA PROTEIN, CHICKPEA, POTATO, CASHEWS & ALMONDS. SOME PRODUCTS ARE SOLD READY TO BE EATEN, OTHERS REQUIRE COOKING ON THE STOVETOP OR OVEN.



EGG SUBSTITUTES YOU MAY HAVE IN YOUR HOUSEHOLD:

AQUAFABA (CHICKPEA CAN)

APPLE SAUCE

MAPLE SYRUP

PUMPKIN PUREE

ALMOND / PEANUT BUTTER

BANANA

BAKING SODA & VINEGAR

DATES

CHIA OR FLAX SEEDS

(GROUND & SOAK)

MASHED POTATOES

MASHED SWEET POTATO

TOMATO PASTE

COOKED OATS

PUREED FRUIT

BREAD CRUMBS

FLOUR

BAKING POWDER

POTATO STARCH

SOY OR RICE YOGURT

