



Allergy Clinic of Western Kansas
3012 Broadway Ave. • Hays, KS 67601
(785) 628-1551 Phone • (785) 301-2270 Fax

Eggs are commonly found in the following:

- Baked goods
- Baking powders
- Batters
- Candies
- Cookies
- Creams
- French toast
- Frosting
- Mayonnaise
- Pancakes
- Pasta
- Pies
- Pretzels
- Puddings
- Salad dressings
- Sauces
- Sherbet
- Soups with noodles
- Waffles

Egg Substitutes:

One Egg Equals:

- ¼ cup unsweetened applesauce
- ¼ cup mashed banana (about ½ banana)—may add banana flavor to recipe
- 1 Tablespoon ground flaxseed with 3 Tablespoons of water—mix until fully absorbed
- ¼ cup vegetable oil
- 2 Tablespoons water, 1 teaspoon of vegetable oil, and 2 teaspoons of baking powder
- 1 teaspoon baking powder, 1 Tablespoon liquid, and 1 Tablespoon vinegar
- 1 teaspoon yeast dissolved in ¼ cup warm water
- 1 ½ Tablespoon water, 1 ½ Tablespoon oil, and 1 teaspoon baking powder
- 1 packet plain gelatin and 2 Tablespoons warm water—do not mix until ready to use