

The Egg-Free Baking Cheat Sheet

Made by chickpeas, not chicks — a quick-reference guide from Peggs

The one ratio to remember

1/4 cup Peggs powder + 1/4 cup water = 2 eggs. Whisk until smooth and use it exactly like beaten egg — scale up or down for any recipe. No cracking, no separating, no trip to the fridge.

Where to add it

Baking	Whisk Peggs with water first, then add it to your wet ingredients. Mix dry ingredients separately and combine as your recipe directs.
Scrambles & omelettes	Whisk with water and cook directly in an oiled pan, medium heat, stirring for a scramble or leaving it to set for an omelette.
Egg wash / breading	Use it neat (1:1 powder to water) as a tacky dip before breadcrumbs — it grips just like beaten egg for a crisp, golden coating.
Custards & bakes	Whisk into the liquid base (milk, pumpkin, cream cheese, etc.) before baking; it sets the mixture into a firm, sliceable structure in the oven.

Quick conversions

Real eggs	Peggs powder	Water
2 eggs	1/4 cup	1/4 cup
4 eggs	1/2 cup	1/2 cup
6 eggs	3/4 cup	3/4 cup
1 dozen (12 eggs)	1 1/2 cups	1 1/2 cups

Good to know

- **High-sensitivity bakes** (soufflés, angel food cake, meringue) rely on whipped egg whites for structure — Peggs works best as a binder, not a whipping agent, so results vary.
- **Shelf-stable, always.** Check the Best By date on your pouch — most last a year or more, no refrigeration required at any stage.
- **Allergen-friendly.** Gluten-free, soy-free, nut-free, and dairy-free. Made from chickpea flour, potato starch, flaxseed, nutritional yeast, black salt, turmeric, and onion powder.

Ready to try it? Peggs is **\$1.00/egg equivalent, shelf-stable, one pouch = 12 eggs.**

eatpeggs.com/products/peggs