

Eggs

Planning
Your Diet



Eating and Cooking without Eggs

If your results have shown an **ELEVATED** reaction to eggs it is recommended that you avoid or reduce your consumption of eggs and egg proteins.

Eggs are an excellent source of protein and provide significant amounts of calcium, iron, zinc and B vitamins. However, eggs are not an essential part of your diet as there are many other commonly consumed foods that provide equivalent nutritional value.



Foods to avoid

Eggs can be found in many foods such as:

- Omelettes, quiches
- Cakes, biscuits, sweets, meringues, ice-cream, custard
- Steamed pudding, pancakes, crepes, cheesecakes, pavlova, crème caramel
- Pasta, noodles
- Chinese rice and soups, some sushi
- Yorkshire puddings, anything coated in batter, some foods coated in breadcrumbs
- Mayonnaise, tartar sauce, horseradish sauce, lemon curd, salad dressings
- Scotch eggs, gala pie, hash browns, some potato products, ready meals
- Fresh bakery goods may not be labelled so check the ingredients with the baker

Note: There are many foods that contain eggs and it is important to always read the food ingredient labels carefully before purchase.

What to look for (and avoid) on food ingredient labels:

- | | | |
|---------------|-------------------|---------------|
| • Albumin | • Egg powder | • Egg protein |
| • Egg white | • Egg yolk | • Dried egg |
| • Frozen egg | • Globulin | • Livetin |
| • Ovalbumin | • Ovaglobulin | • Ovamucin |
| • Ovovitellin | • Pasteurised egg | • Vitellin |

Alternative foods to eat and useful tips for egg-free baking

There are many egg-free foods available such as:

- **Pasta made from corn, rice, quinoa or buckwheat**
(eg Biofair, Goodness Direct, supermarkets free-from range)
- **Rice or buckwheat noodles**
(also known as soba)
- **Plain boiled or fried rice**
(eg brown basmati rice)
- **Clear soup or broth**
- **Egg free mayonnaise**
(eg Granovita, Plamil)
- **Egg-free snacks** *(eg crisps, rice cakes, corn thins, rye crispbreads)*
- **Fresh fruit, stewed fruit, crumble, soya ice-cream, sorbet, custard**
(eg Birds)
- **Home-made cakes made using egg replacer**
(eg Allergycare, Orgran)
- **Jams, jelly marmalade, glace icing**

Egg-free manufactured products

A wide variety of egg-free speciality products including cakes, biscuits, desserts and ready meals are now available at supermarkets, chemists and the internet. Many of these companies will also provide an 'egg-free' product list on request from the customer service department or their website.



Refer to **Food Directory – Eggs; Egg-free meal ideas** and **Websites for free-from foods**



Egg-free baking:

There are many foods that can be used as a substitute to egg that will provide variety to your meals and essential nutrients. Eggs perform a different function in different dishes, so you may need a **different egg substitute**, depending on the dish:-

- **As a leavening/raising agent** – in a cake, for example, the eggs serve as a leavening/raising agent, helping to make the cake light and fluffy.
- **As a binder** – in baked goods such as biscuits, cookies and muffins, the eggs add moisture and bind all ingredients together.
- **As main part of dish** – if you're looking to substitute eggs in a quiche or a mayonnaise, where eggs are a major part of the dish, then tofu is a good alternative to mimic the consistency of the eggs.

As a general rule, the fewer eggs a recipe calls for, the easier they will be to substitute. So, for example if a biscuit/cookie recipe calls for one egg, using an egg substitute will work much better than in a recipe that requires three or four eggs. It is also necessary to consider how the substitute will affect the overall taste of the finished dish. Bananas, for example, may add a welcome hint of fruity sweetness to pancakes and cookies, but may not be a good idea in casseroles or other savoury dishes!

Here are a few of the most useful egg substitutes (ie per egg):

- **Chickpea (gram) flour** – 1 tablespoon chickpea or soya flour and 1 tablespoon water
- **Arrowroot** – 1 tablespoon arrowroot, 1 tablespoon soya flour and 2 tablespoons water
- **Shortening** – ½ tablespoon shortening (such as butter), 2 tablespoons flour, ½ teaspoon baking powder and 2 teaspoons water
- **Tofu** – 50g tofu blended with the liquid portion of the recipe. Tofu is the best way to substitute eggs in dishes such as a quiche, fritatta or egg salad. The texture of silken tofu or crumbled regular tofu is surprisingly similar to boiled or cooked eggs when used in a recipe instead of eggs and, by adding a bit of mustard or turmeric to your dish will also look similar too! It is sometimes necessary to adjust other ingredients in the recipe when replacing with tofu, so it may be advisable to find a recipe with tofu if possible, rather than just replacing the eggs.
- **Banana** – Mash or blend half a banana to use as an egg replacer in baked goods such as muffins, pancakes or yeast-free breads, such as pumpkin bread and banana bread.

Tip: Adding ground flax seeds to any recipe adds Omega-3 fatty acids to the recipe! You can buy ground flax seeds in healthfood shops or larger supermarkets.

- **Applesauce** – 25g/1oz apple sauce can also be used in baked goods such as muffins and pancakes. Bananas and applesauce have a similar consistence to eggs, however they will not help your recipes to rise or turn out light and fluffy, so you may need to include a bit of baking powder or baking soda too.
- **White sauce** – 50ml white sauce can be used for binding as in baked goods.
- **Mashed potatoes / bread crumbs** – For vegetarian loaves or burgers, used mashed potatoes, fine bread crumbs, cooked rice or oatmeal, or tomato paste to bind ingredients.
- **Silken tofu** – blend 25g/1oz silken tofu with liquid ingredients until tofu is smooth and creamy. While it won't alter the flavour of a recipe, using tofu as an egg substitute will make baked goods a bit on the heavy and thick side, so it works well in brownies and pancakes. It will not work so well in a cake recipe (such as Victoria Sandwich) that needs to be light and fluffy.
- **Agar powder** – agar powder can be used in recipes that require egg whites. For each egg white, dissolve 1 tbsp plain agar powder in 1 tbsp water. Whip, chill and whip again.
- **Flax seed** – Use 1 tbsp ground flax seed simmered in 2–3 tbsp water. Great for pancakes, breads, and other baking.
- **Egg substitutes** – commercial options (such as *Ener-G*, *Allergycare*, *Orgran*) are incredibly versatile and easy to use and are available in most health foods and larger well-stocked supermarkets. They are made from soy protein, potato starch and/or tapioca starch. Some recipes may need additional moisture when replacing eggs using commercial egg replacers so it may be necessary to compensate with an extra tablespoon of water or soya milk (in addition to the instructions on the packet). Commercial egg replacers are relatively flavourless and work best in baked goods, such as biscuits, muffins and cakes. They can also be used to bind ingredients together in a vegan casserole or loaf. It is important to read the labels carefully as some brands may contain egg whites.

Other tips for raising agents when eliminating eggs:

- **Use self-raising flour** (gluten-free if gluten is elevated)
- **Increase quantities of oil and baking powder**
- **Add baking powder** - 2 heaped teaspoons baking powder per cake
- **Try vinegar and baking soda** - $\frac{3}{4}$ teaspoon bicarbonate of soda and 1 dessertspoon of cider vinegar can be used in instead of baking powder
- **Sieve flour and dry ingredients**, then gently fold in the liquid to trap air

Egg-free Meal ideas

BREAKFASTS

Pancakes and bananas or strawberries (made with egg replacer *eg Allergycare, Orgran*) ● Muesli with yoghurt or milk and fruit ● Baked beans on toast ● Scrambled tofu on toast (see recipes) ● Cornflakes or Rice Krispies with sliced banana, dried fruits, yoghurt or milk ● Fruit salad with mixture of nuts, seeds or millet flakes ● Natural yoghurt with nuts, fruit, seeds or honey ● Bacon, tomatoes and baked beans ● Mushroom omelette and tomatoes (made with omelette egg-free mix *eg Allergycare*) ● Rice cakes or crackers with peanut butter, sesame spread or jam ● Porridge oats (with water or milk) honey and chopped fruit ● Porridge Flakes with milk or yoghurt with dried or fresh fruits ●

LUNCHES

Jacket potato and salad with egg-free mayonnaise/ dressing (*eg Granovita, Plamil*) ● Turkey or chicken breast sandwiches and salad with egg-free mayonnaise/ dressing (*eg Granovita, Plamil*) ● Egg-free macaroni cheese and salad ● Egg-free noodles (*eg Clearspring*) and stir-fry vegetables ● Baked beans on toast ● 'Egg' sandwiches (using tofu as a substitute) ● Greek salad with feta cheese ● Avocado and prawn salad (with egg-free mayonnaise (*eg Plamil, Granovita*)) ● Pizza and green salad ● Pasta salad with chicken, sweetcorn and mixed green leaves (with egg-free mayonnaise *eg Plamil, Granovita*) ● Tuna and sweetcorn pitta or tortilla wrap ● Corn Tortilla wrap with chicken mayonnaise (*eg Plamil, Granovita*) and salad ●

DINNERS

Broccoli and cauliflower cheese with a jacket potato and mixed salad ● Roast chicken breast with roast potatoes, vegetables, Yorkshire Puddings (batter made with egg replacer *eg Allergycare*) ● Stir-fry vegetables with chicken, nuts, beans or *Quorn* with rice or rice noodles ● Spaghetti bolognese with egg-free pasta (most supermarkets) ● Poached salmon with new potatoes, broccoli, green beans ● Egg-free quiche (using tofu – see recipes) ● Chilli con carne with brown rice or rice noodles ● Vegetable lasagne with salad ● Stir-fried chicken with cashew nuts in coconut milk sauce (with ginger, chilli and turmeric) with brown rice ● Gammon with pineapple, new potatoes, peas and broccoli ● Lancashire hotpot with mashed potatoes and peas ● Roast lamb and mint gravy with potatoes, vegetables and Yorkshire pudding (batter made with egg replacer *eg Allergycare*) ● Fisherman's Pie with vegetables ●

SNACKS

Fresh fruit ● Dried fruit, nuts and seeds ● Natural or fruit yoghurt ● Egg-free biscuits (check ingredients labels) ● Homemade cakes (using egg replacer *eg Allergycare*) ● Scones, with butter/cream/ jam ● Rice cakes (*eg Kallo*) or Corn Thins (*eg Real Foods*) with sliced bananas, sesame spread, peanut butter or sugar-free jam ● Rye crispbreads (*eg Ryvita*) with topping as for rice cakes ● Flapjack ● Ice-cream (see recipes) ● Portion of fruit salad ● Raw vegetable crudites with hummus, taramasalata or guacamole ●

Egg-free Recipes

Eggless Vegan Mayonnaise

Ingredients:

- 3 tbsp lemon juice
- ½ cup soy milk
- ¼ tsp salt
- ¼ tsp paprika
- ¼ tsp mustard
- 6 tbsp vegetable oil

Preparation:

1. Put all the ingredients except the oil in a blender.
2. Blend on the lowest speed.
3. Gradually - one drop at a time - add the oil until the mixture starts to thicken.
4. Continue blending until thickened and smooth. Transfer to a jar and store in the refrigerator.

Quick Egg-Free Cookies

Ingredients:

- 1 box cake mix, any flavour
- 1 cup spread or butter
- egg replacer equivalent of 2 eggs (*Ener-G* works best)
- 1½ cups chocolate chips (optional)

Preparation:

1. Mix together all ingredients in a large bowl until well combined.
2. Refrigerate dough for at least a half hour. This will help it firm up.
3. Bake 10-12 minutes at 180°C/350°F/Gas mark 4. Cookies will be soft and chewy.

Brownies

An easy recipe for super-moist and fudgy vegan brownies, using tofu as an egg replacer.

Ingredients:

- ¾ cup silken (soft) tofu
- ½ cup water
- ½ cup maple syrup
- ½ cup cocoa powder
- 2 tbsp vegetable oil
- 1 tbsp vanilla
- 1¼ cups flour
- 1 cup sugar
- ¼ tsp baking powder
- ¼ tsp salt
- ½ cup chopped walnuts (optional)

Preparation:

1. Pre-heat oven to 180°C/350°F/Gas mark 4 and lightly grease a baking pan.
2. In a blender or food processor, process the silken tofu, water, maple syrup, cocoa, oil and vanilla until smooth.
3. In a large bowl, mix together the remaining ingredients, except the nuts.
4. Combine the dry ingredients with the wet ingredients, stirring well to combine. Gently fold in the walnuts.
5. Pour the batter into the baking pan and bake for about 40 minutes.

NB 1 cup = 250 mls

Enjoy!



Scrambled Tofu

Ingredients:

- ½ yellow onion, diced
- ½ green bell pepper, diced
- 1 block tofu, drained and pressed
- 2 tbsp olive oil or butter
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp dried parsley
- 1 tbsp soy sauce
- 2 tbsp nutritional yeast
- ½ tsp turmeric (optional)

Preparation:

1. Slice the tofu into approximately one inch cubes. Then, using either your hands or a fork, crumble it slightly.
2. Sauté onion, pepper and crumbled tofu in oil for 3-5 minutes, stirring often. Add remaining ingredients, reduce heat to medium and allow to cook 5-7 more minutes, stirring frequently and adding more oil if needed.
3. Wrap in a warmed flour tortilla with a bit of salsa for a breakfast burrito or top with soya or dairy cheese.

Serves two

Egg-Free Quiche

A basic vegan quiche recipe that you can add favourite spices and vegetables. Perfect for a weekend breakfast or brunch. Use a vegan soy cheese that doesn't contain casein for a dairy-free quiche.

Ingredients:

- 1 onion, chopped
- 6-8 mushrooms, sliced
- 3 cloves garlic
- 1 tbsp olive oil
- 8 oz frozen shortcrust pastry
- ½ block firm tofu
- 1 tsp soya milk
- salt and pepper to taste
- ½ cup shredded vegan cheese
- 3-4 tomatoes, sliced thin

Preparation:

1. Preheat oven to 200°C/400°F/Gas mark 6. Cook the onion, mushrooms and garlic in oil until soft, about 3 to minutes.
2. Press the pastry into a quiche dish and bake for 5 minutes.
3. In a blender or food processor, process the tofu, soya milk and salt and pepper until smooth.
4. Mix together the tofu and vegetables and add the vegan cheese. Gently pour into baked pastry.
5. Layer the sliced tomatoes across the top of the quiche.
6. Bake for 50 minutes to an hour, or until done.



Applesauce Cake

Ingredients:

- 230g flour
- 1 cup brown sugar
- ½ tsp salt nutmeg
- ½ tsp salt
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp cornflour
- 3 tbsp chocolate (not cocoa - use choc chips or baking squares)
- 115g raisins
- 337ml cups applesauce
- 115g of nuts
- 58g of butter melted, then cooled

Preparation:

1. Preheat oven to 180°C/350°F/Gas mark 4.
2. Sift dry ingredients, add nuts and raisins, stir to cover with flour mixture.
3. Add applesauce and cooled butter.
4. Stir until well blended.
5. Pour into greased pan.
6. Bake 45 minutes.

Homemade Vanilla Ice-Cream

Ingredients:

- ½ pint (250ml) single/light cream
- Small tin of condensed milk
- 1-2 teaspoons vanilla extract (according to taste)

Preparation:

1. Pour all ingredients into a mixing bowl and mix until smooth.
2. Transfer the whole mixture into an ice cream maker and freeze according to the manufacturer's instructions.



Carrot, Apple and Raisin Cake

Ingredients:

- 225g/8oz self-raising flour
- ½ tsp baking powder
- ½ tsp salt
- 1 tsp ground cinnamon
- 5 tbsp vegetable oil
- Grated zest 1 orange, plus 4 tbsp juice
- 140g/5oz muscovado sugar
- 140g/5oz finely grated carrot
- 1 medium eating apple, peeled, cored, and grated
- 85g/3oz raisins
- 50g/2oz pumpkin seeds
- Icing sugar, for dusting

Preparation:

1. Heat oven to 180°C/350°F/Gas mark 4.
2. Grease a 20cm round cake tin. Mix the flour, baking powder, salt and cinnamon in a large bowl.
3. In a separate bowl mix together the oil, orange juice and sugar.
4. Add the orange mixture to the flour along with the grated carrot and apple, orange zest, raisins and pumpkin seeds. Then stir until really well mixed. Spoon into the prepared tin.
5. Bake for 50 mins – 1 hr until the cake pulls from the side of the tin. Cool on a rack before removing from the tin. Dust with icing sugar and serve.

Grocery List for Egg-Free Diet

Many foods contain **Eggs** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves

Tomatoes

Chicken

Avocado

Radish

Beetroot

Onions

Cabbage

Mushrooms

Peas

Sweetcorn

Broccoli

Cauliflower

Garlic

Carrots

Green beans

Sweet potatoes

Baking potatoes

Oranges/satsumas

Strawberries

Raspberries

Blueberries

Bananas

Apricots

Frozen fruit

Dried fruit

Meat, Fish and Alternatives

Chicken

Turkey

Beef (occasional)

Wild game

Fresh fish – cod, haddock, tuna, salmon, mackerel, trout

Tinned fish – pilchards, salmon, sardines, tuna (occasionally)

Prawns

Tofu

Beans and Pulses

Kidney/haricot/pinto/cannellini/

aduki/black-eye/butter beans

Mixed organic beans (tinned is fine)

Chickpeas (add to soups & salads)

Lentils (mix with rice)

Organic baked beans

Dairy and Dairy Alternatives

Milk – skimmed, semi-skimmed

Almond/rice/coconut/oat milk

Soya milk and yoghurts

Cheese (in moderation)

Cottage cheese

Feta / Mozzarella

Goat / Sheep milk

Natural bioyoghurt

Organic Spread (eg *Pure, Biona*)

Butter

Fruit yoghurts (in moderation)

Rice and Pasta

(check ingredients)

Egg-free wholewheat or spelt pasta

(eg made from corn, rice, buckwheat)

Basmati or brown rice

Buckwheat pasta (eg *Orgran*)

Brown rice spaghetti (eg *Waitrose*)

Rice or buckwheat noodles

Quinoa

Bread and Snacks

Seeded or Granary bread

Rye or Pumpernickel bread

(eg *Schneider Brot rye bread*)

Village Bakery Borodinsky bread

Bread & multigrain buns

(eg *Livwell*)

Oatcakes (eg *Nairns*)

Rice Cakes

Bread and Snacks

Rye crispbread (eg *Ryvita*)

- seeded or plain

Multigrain Corn Thins

(eg *Realfoods*)

Snacks (check ingredients)

Dips – hummus

Raw nuts – brazils, almonds, walnut

Raw seeds – pumpkin, sunflower,

sesame, flax/linseed

Peanut butter (eg *Whole Earth*)

Bounce Protein Balls

Wholebake 9Bar snacks

Fruit conserve

Dressings – egg free mayonnaise

(eg *Plamil, Granovita*), olive oil &

balsamic vinegar

Breakfast Cereals

Homemade muesli (oats, rye and

barley flakes, buckwheat flakes,

rice flakes, flaked coconut,

raisins, dried dates, pumpkin &

sunflower seeds, nuts)

Porridge or millet (warmed with milk)

Oatibx

Cornflakes / Rice Crispies /

Shreddies

Doves Farm Rice &

Buckwheat Cereal

Drinks

Fruit juice – orange, apple, tomato

WATER

Smoothies (eg *Innocent*)

Herbal teas – peppermint, fruit tea

Caffeine-free (eg *Rooibosch*)

Other

Egg replacer (eg *Allergycare* or

Orgran) which can be used in baking