

# CORE HEALTH

## NATUROPATHIC WELLNESS CENTER

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### **EGG-FREE DIET**

**Diet Characteristics:** All forms of egg are omitted.

**Foods to Avoid:**

**Eggs-** all forms: whole; yolks; whites; powdered; liquid frozen; commercial egg substitutes (check label).

**Beverages-** Cocomalt; eggnog; malted beverages; Ovaltine; coffee (if cleared with egg white); root beer; wine.

**Bread and rolls-** containing eggs; crust glazed with egg; French toast; griddle cakes; muffins; pretzels; sweet rolls; waffles; zwieback; dumplings.

**Desserts-** cake; cookies; pies (coconut, custard, lemon, pumpkin and cream-filled); custard; doughnuts; ice cream; meringue; puddings; sherbet; macaroons.

**Meat, fish, poultry-** dipped in egg and breaded; croquettes, cakes and loaves containing egg as binder.

**Pastas-** noodles; macaroni; spaghetti; etc.. (check label).

**Salad dressings-** cooked dressings; mayonnaise.

**Sauces-** Hollandaise; tartar.

**Soups-** bouillon; broth; consommé.

**Sweets-** many cake icings; candies; chocolate, cream, fondant, marshmallow, nougat; whips.

**Miscellaneous-** baking mixes; baking powder containing egg white; cake flour; dessert powders; fondue; fritters; pastries; soufflé.

**Key Words to Look For on Labels:** Egg; Egg White; Egg Yolk; Dried Egg; Albumin.

**Hints for Success with Egg-Free Recipes**

Eggs contribute to the structure and leavening of baked products. Products made without eggs may be more crumbly and fragile than the same products made with eggs. Eggs may be omitted from many cookie recipes with little change in texture. They can also be omitted from many cakes made from scratch or box mixes except chiffon or angel food cakes which depend on eggs for leavening. Because of their fragility, egg-free cakes are best served from the baking pan or as cupcakes in paper liners.

The structure of cake, cookie and quick bread recipes made without eggs may be better if one or more of the following measures are taken:

- 1) Add 1 teaspoon egg-free baking powder (will replace leavening of 1 to 2 eggs).
- 2) Use shortening instead of oil and beat mixture 1 minute longer for each egg omitted. (This will help incorporate air into the product).
- 3) Add 1 package whipped unflavoured gelatin. To prepare: soften 1 package (1 Tbsp.) unflavoured gelatin in 2 Tbsp. cold water; add 3 Tbsp. boiling water; cool and beat until frothy; add to recipe (reduce other liquid by 2 Tbsp). This replaces structure provided by 1 to 2 eggs in quick breads and muffins.
- 4) Add one mashed, ripe banana to the mixture for additional binding.
- 5) Use an egg replacement which contains no egg derivatives.