



EGGLESS EATS

a chicken-friendly cookbook

FOR MANY PEOPLE, EGGS ARE A BREAKFAST STAPLE—

something they rarely stop to think about. But for billions of hens raised to lay eggs in our food system, life is anything but sunny-side-up.

Thankfully, we have the chance to give hens a brighter future. And one way to get started is simple: by exploring all the delicious meals you can make without eggs.

Maybe you're thinking... What else will I eat for breakfast?! Never fear! Sometimes, all it takes is getting out of a routine to open our eyes to everything we've been missing.

Plant-based cooking will introduce you to a whole world of delicious, healthy, and compassionate meals that are free from cruelty—and full of flavor.

We're here to support you as you start (or continue!) your eggless exploration.



BRILLIANT BREAKFASTS

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BRILLIANT BREAKFASTS

*Always eggless.
Never boring.*

Whether you're craving something familiar or something new, these meals are bursting with flavor and nutrition to start your day off right. Rise and shine!

Helpful hint: Ordering breakfast out? When all else fails, try ordering a warm, cozy bowl of oatmeal—rich in iron, fiber, and plant-powered protein. Top with nuts, berries, and cinnamon!

If you're making your own oatmeal at home, we'll let you in on some special intel: oatmeal can be made savory. Think fried tofu, smoked tempeh, chives, sauteed greens... the list goes on.

Go wild.



SOUTHWEST TOFU SCRAMBLE



@*minimalistbaker*

A classic, made cruelty-free. This tofu scramble is the perfect creative canvas—add vegan sausage, toss it in a breakfast sandwich, or top with salsa and cilantro as the recipe suggests.

GET THIS RECIPE!

THE BEST VEGAN PANCAKES



@*lovingitvegan*

Light. Fluffy. Melt-in-your-mouth. This pancake recipe from Loving it Vegan really stacks up.

GET THIS RECIPE!

VEGAN WAFFLES *fluffy & crispy*



@*jessicainthekitchen*

Channel your inner Leslie Knope with these perfect waffles from Jessica in the Kitchen. Is there any better way to start your day? (We don't think so either.)

GET THIS RECIPE!

EASY VEGAN FRENCH TOAST (10 minutes!)



@minimalistbaker

Hearty oats, healthy blueberries, and sweet coconut. The simplicity of this recipe makes it even sweeter.

GET THIS RECIPE!

BLUEBERRY COCONUT OAT BAKE



**@rainbournourishments
& @vegkitcom**

Hearty oats, healthy blueberries, and sweet coconut. The simplicity of this recipe makes it even sweeter.

GET THIS RECIPE!

GREEN BANANA SMOOTHIE



@thehumaneleague

It's never too early to eat your veggies! And with this two-minute smoothie, it's never been easier—or more delicious.

GET THIS RECIPE!



PEANUT BUTTER & RASPBERRY CHIA JAM CRÊPES



@rainbournourishments

The PB&J just got way more sophisticated. This fun take on a crêpe will keep you full until lunchtime.

GET THIS RECIPE!

CHAI PORRIDGE *with caramelized apples*



@rainbournourishments

This chai porridge is coziness in a bowl. As Goldilocks would say, it's just right.

GET THIS RECIPE!

ROSEWATER CHIA PUDDING *with baklava-style nuts*



@rainbournourishments

Have you ever seen a more beautiful breakfast? This chia pudding will make any morning feel like a special occasion.

GET THIS RECIPE!

BEAUTIFUL BAKES & DECADENT DESSERTS

Once you crack the code to egg-free baking,

the world of craveable cruelty-free desserts is yours to discover! With a little know-how (and this guide to egg substitutes), you'll be whisking egg-free wonders in no time.

A Guide to Egg Substitutes

Eggs are often used in baking for a variety of reasons:

- They bind ingredients together.
- They add moisture to recipes.
- They help baked goods rise and create structure.
- They contribute to flavor and richness.

Luckily, we can accomplish all of these things with egg-free alternatives! *Here are some of the best egg substitutes you can use in baking, and when to use them.* Different substitutes work better in different recipes, so don't be afraid to... *egg-speriment.*



EGG SUBSTITUTES



FLAX EGGS

Best for: Binding in baked goods like muffins, cookies, and quick breads.

How to use: Mix 1 tablespoon ground flaxseed with 3 tablespoons water. Let sit for 5 minutes until gelatinous.

Pro tip: Golden flaxseed has a milder flavor than brown flaxseed.



CHIA EGGS

Best for: Similar to flax eggs, it's great in denser baked goods.

How to use: Mix 1 tablespoon chia seeds with 3 tablespoons water. Let sit for 5-10 minutes.

Pro tip: Ground chia seeds work best for a smoother texture.



MASHED BANANA

Best for: Adding moisture to baked goods. Works well in sweeter recipes.

How to use: ¼ cup mashed banana = 1 egg

Pro tip: This will add a banana flavor, so use in compatible recipes (like muffins, cakes, or banana bread)



APPLESAUCE

Best for: Adding moisture and binding in sweeter baked goods.

How to use: ¼ cup unsweetened applesauce = 1 egg

Pro tip: Reduce other liquids in the recipe slightly to compensate.



COMMERCIAL EGG REPLACERS

Best for: All-purpose egg replacement in most recipes.

How to use: Simply follow the package instructions!

Pro tip: These are great for beginner bakers, as they're formulated to mimic eggs closely.



SILKEN TOFU

Best for: Adding moisture and binding in denser baked goods; great for "eggy" dishes like quiches.

How to use: ¼ cup blended silken tofu = 1 egg

Pro tip: Drain and pat dry before using to remove excess **moisture**.



AQUAFABA

Best for: Replicating egg whites in meringues and mousses, and as a binder.

How to use: 3 tablespoons aquafaba = 1 egg white

Pro tip: Reduce aquafaba on the stove to thicken for even better results.

CHAI RASPBERRY CUPCAKES



**@rainbournourishments
& @vegkitcom**

An unexpected pairing—raspberries and chai spices—seriously elevates these cupcakes.

GET THIS RECIPE!

LEMON POPPY SEED CAKE



@vegkitcom

Citrusy-sweet with a zesty zing, this is the perfect special-occasion cake. Or any-occasion cake.

GET THIS RECIPE!

VEGAN CHOCOLATE MOUSSE



@chocolatecoveredkatie

This creamy mousse is pure decadence. And it comes together in under five minutes.

GET THIS RECIPE!



VEGAN MERINGUE



@lovingitvegan

Knowing that these special meringues are cruelty-free—made with aquafaba—makes them even better.

via lovingitvegan.com

GET THIS RECIPE!

VEGAN CHALLAH



@thehumaneleague

Is there anything more comforting than a warm, freshly baked loaf of bread? Enjoy every bite of this veganized version of challah, made without eggs or honey.

GET THIS RECIPE!

MARVELOUS MAINS

Whether you're looking for
a quick sandwich to take on the go, or whipping
up a lovely lunch to impress—these recipes have
got you covered.



SIMPLE TOFU QUICHE



@minimalistbaker

Simple to make. Special to eat.

GET THIS RECIPE!

PROTEIN-PACKED CHICKPEA SALAD SANDWICH



@thehumaneleague

Healthy, delicious, and budget-friendly.
Win-win-win.

GET THIS RECIPE!

VEGAN SHAKSHUKA



@jessicainthekitchen

Not only is this shakshuka eggless—it's topped with vegan tofu "eggs!" Perfect for breakfast, lunch, or dinner.

GET THIS RECIPE!

THERE YOU HAVE IT!

You're on your way to eggless eating—and you're already *helping to create a brighter future for countless animals.*

It's helpful to think about plant-based cooking as a journey of discovery. Every cruelty-free meal is a step on the path toward a kinder world. And wherever you are on that path, *we're so glad to be walking alongside you.*

BON APPÉTIT!

want more tips and recipes for plant-based goodness?

HEAD OVER TO [EATINGVEG.ORG](https://eatingveg.org)!

THE HUMANE LEAGUE 

