

# What Are Vegan Eggs?

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Photo: Courtesy of JUST Egg

Between the high cost of eggs, animal welfare concerns, and the environmental impact of animal farming, you might be wondering if it's time to give vegan eggs a chance. While there's never been a better time to try vegan eggs, you're probably wondering what they are made of and what they taste like. We spoke to experts to find out everything you need to know about vegan eggs, and to learn the best ways to use plant-based eggs for everything from breakfast to baking.

## The Best Egg Substitutes for Baking Recipes, Plus Tips for Using Them

"Plant-based eggs have come a long way," says certified nutritionist Amy Fox. "For years, vegans have been replacing eggs with homemade versions from flax, chia, tofu, and aquafaba, to name a few. Now an abundance of [store-bought] vegan egg alternatives exist."

Vegan eggs typically come in liquid or powder form, although YoEgg recently launched a poached egg alternative, and Crafty Counter's WunderEgg is a hard-boiled egg alternative.

The ingredients that make up plant-based eggs depend on the producer. Most, like the best-known brand JUST Egg, are made from mung bean protein isolate. "We are continuing to see innovation in the space," says Clare Blunt, senior category merchant at [Whole Foods Market](#), who oversees plant-based eggs and other categories.

Brands are experimenting with other ingredients like chickpea flour, turmeric, flaxseed, and soy milk powder. Crafty Counter's WunderEgg, for instance, is made from water, almonds, cashews, and coconut milk. "Plant-based eggs made from pepita or pumpkin seeds is another ingredient we are excited to see breakthrough this year," says Blunt.

## How They Taste

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While many plant-based egg options, especially the liquid base ones, look and cook exactly like real eggs, many people are undecided about their taste.

"They resemble an egg-like texture once cooked, but without the eggy taste, which some might find off-putting," says Chayanin Pornsriniyom, chef-instructor of Plant-Based Culinary Arts at the [Institute of Culinary Education](#).

Some people report an aftertaste or a noticeable earthy flavor. "I tried out the liquid plant-based eggs," says Fox. "And, while my breakfast looked like scrambled eggs, I found them to taste very different from your traditional egg. To me, they tasted more like vegetables than eggs."



Courtesy of JUST Egg

## Best Ways to Use Plant-Based Eggs

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If you've never tried vegan eggs, baking is the easiest place to start. "They work quite well in some recipes," says Pornsriniyom. "For substituting, one egg equals about a quarter of a cup of plant-based egg." Check the back of your product to be sure.

Besides baking, Blunt says breakfast is the best time to try plant-based eggs. "The liquid egg alternatives make for amazing scrambles and omelets."

## Are Vegan Eggs Healthy?

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Eggs are one of the most common food allergens, making vegan eggs a great alternative, especially given how closely they resemble the real thing.

## Cholesterol

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While studies show there's no need to restrict dietary cholesterol from eggs as long as they are consumed in moderation, unlike chicken eggs, plant-based eggs have no cholesterol.

## Environmental Concerns

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Fox sees people of all dietary preferences trying vegan eggs, thanks in part to the spotlight on plant-based foods and the environmental concerns associated with animal-based diets.

"Americans are curious and looking to include more plant-based options in their diet," she says. "Vegan eggs are also better for the environment, so those with environmental concerns may choose plant-based eggs."

## Protein and Sodium

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If you're trying out vegan eggs primarily for health concerns, you should speak with your doctor first and pay attention to the amount of protein and sodium in egg alternatives when choosing one.

"From a nutritional standpoint, plant-based eggs have almost as much protein as real eggs, but no cholesterol, and sometimes sodium and added nutrients like vitamin D and B12," says Fox.

## 5 Vegan Eggs to Try

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"Plant-based eggs can be for anyone, not just plant-based or plant-curious eaters," says Blunt. Here are some to look out for:

**JUST Egg:** The market leader in liquid plant-based eggs, JUST egg is made from mung bean protein. The brand is widely available and offers a range of egg alternatives, including liquid egg for making scrambled eggs, omelets, and for using in baking, and a folded option ideal for a breakfast sandwich.

**WunderEggs from Crafty Counter:** WunderEggs are vegan versions of a real hard-boiled egg that come with a packet of black volcanic salt to enhance the eggy flavor with the sulfur.

**Bob's Red Mill Egg Replacer:** One of the original plant-based eggs, Bob's Red Mill Egg Replacer is vegan and gluten-free. You can mix 1 tablespoon of the powder with 2 tablespoons of water for the equivalent of one regular egg for use in baking recipes.

**YoEgg:** Made from chickpeas, sunflower oil, water, and soy, YoEgg is the first poached egg on the market. Right now it's only available in select supermarkets, mainly in California.

**Neat Egg Mix:** For those who want to try plant-based baking, Neat Egg Mix is a gluten-free, soy-free, high-protein alternative. Mix 1 tablespoon with 2 tablespoons of water for the equivalent of one regular egg.