



Community and Public Health

What to use in place of eggs?

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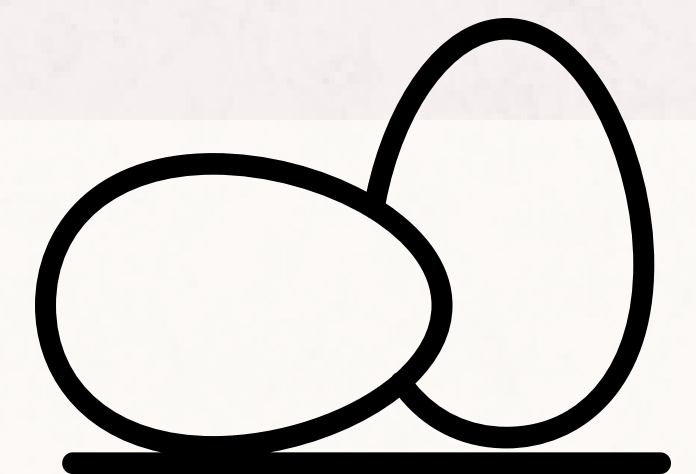
Eggs are a nutrient-dense food that contain quality protein, various vitamins and minerals. The current shortage of egg supply nationally means that this great food isn't quite as accessible as usual.

While you might be tempted to think about getting some chickens for your backyard, the SPCA has urged caution on raising (egg-laying) chickens at home. Chickens can live longer than a decade, they need good care and regular maintenance of their coop. Hens only produce eggs for the first 2-3 years of their lives and they don't produce eggs right away.

So, if you don't have your own chickens (or good friends who do), here's some hints about what you can use in place of eggs when they are not readily available.

If you often batch bake and store food for lunchboxes...

Consider using the following in place of egg for your baking:



- **Mashed banana:** Use a medium sized ripe banana (mash with a fork until there's no lumps) for every egg that the recipe calls for. Since they add flavour, bananas are suitable for baked goods that complement their flavour like pancakes, muffins, or cakes.
- **Aquafaba:** This is the liquid in the canned chickpeas. Using chickpeas for your cooking? Don't just drain and discard the liquid. It can be whisked into foam just like egg white and used as an alternative to it. You will need 2 tablespoons of aquafaba to replace the egg white of one egg, or 3 tablespoons to replace a whole egg. It can also be stored (as liquid form) in an air-tight container in the fridge for a week, or in the freezer up to 3 months.
- **Store-bought pancake mix:** • This can be an easy and affordable option for breakfast or lunch. To add flavour, use unsweetened plain yoghurt and fruits to top your pancakes rather than maple (or other) syrup.

There are also plenty of baking recipes that require no eggs, we'll share these with you in the next few coming Nutrition Bites 😊

What else can I include in meals as a good source of protein?

- **Canned fish:** Spread tinned fish on toast, grainy crackers, or corn thins. Add tinned tuna or salmon to your mac and cheese or other pasta dishes.
- **Chickpea:** Canned chickpea goes well with curry, casserole, green salad, soup, and so much more. Dried chickpeas are often a cheaper option. However, they required soaking with water for at least 8 hours or overnight to ensure they are more easily cooked and digested.
- **Beans:** Kidney beans in a taco, baked beans on toast, boiled soy beans/ edamame (they are available frozen) in a salad or eaten straight out of their pods. Beans can be added to mince to bulk up dishes like cottage pie too!

Banana Bread Muffins

- 3 ripe bananas (approx 180g), mashed
- 120g sugar
- 120ml cooking oil
- 60g plain yoghurt
- 210g all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt



1. Preheat the oven to 220°C. Line 12-cup regular muffin tin with muffins liners (or spray the muffin tin with oil or cooking spray if not using liners).
2. In a large bowl, mash bananas with a fork until only small chunks remain. Add brown sugar, oil, yogurt, mix until well combined. (optional: you can also add 1 teaspoon of vanilla essence at this step if you like)
3. Add flour, baking soda, baking powder, and salt into the wet mixture.
4. Spoon the batter evenly into the muffin cups or liners.
5. Bake for 5 minutes, then reduce the oven temperature to 190°C and continue baking for another 15 to 20 minutes until a toothpick inserted in the center comes out clean.

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Chickpea and Pumpkin Casserole

- 1 onion, peeled and finely chopped
- 2 cloves garlic, crushed
- 1 tablespoon paprika
- 500-600g pumpkin, diced
- 400g can chickpeas
- 400g can tomatoes
- 1 cup vegetable stock or water
- 2 cups broccoli florets (frozen)
- salt and pepper to taste

1. Heat a dash of oil in a heat-proof casserole or lidded frying pan. Add the onion and cook until soft.
2. Add the garlic and paprika and cook a further minute.
3. Add the pumpkin, drained chickpeas, tomatoes, and stock or water. Cover and simmer for 10 minutes.
4. Add the broccoli to the casserole, cover and simmer for a further 5 minutes until the vegetables are all tender, then season to taste.
5. Serve with rice.

