Dear Gordon Food Service® Customer,

To help you manage through the tight supply and elevated pricing due to this epidemic, we have provided suggestions below if you chose to replace eggs on your menu and recipes. We do recognize it can be a challenge replacing eggs while still meeting your nutritional requirements. Therefore, we have also listed protein equivalent substitutions for eggs on your menu.

**Menu replacements for 1 egg = 7 grams of protein**
- 2 Tablespoons of peanut butter (8 grams of protein)
- ¼ cup of cottage cheese (7 grams of protein)
- 1 oz natural or processed cheese (7 grams of protein)
- 1 oz breakfast ham (7 grams of protein)
- ½ cup soft (silken) tofu (8 grams of protein)
- 3 Tbsp chia seeds (9 grams of protein)
- 1 cup cooked quinoa (8 grams of protein)

**When baking, 1 egg can be substituted with:**
- 1 tsp baking powder + 1 Tbsp liquid + 1 Tbsp vinegar
- 1 tsp yeast dissolved in 1/4 cup warm water
- 1 1/2 Tbsp water + 1 1/2 Tbsp oil, 1 tsp baking powder
- 1 packet gelatin + 2 Tbsp warm water (*Do not mix until ready to use*)
- 1 Tbsp ground flaxseed + 3 Tbsp water
- ¼ cup vegetable oil

**Egg-less Recipe Ideas** (attached):
- Banana Nut Quesadilla
- Cottage Cheese and Fruit Festival Plate
- Ham & Cheese Breakfast Sandwich
- Ham Vegetable Hash
- Very Berry Tofu Smoothie (source: House Foods)
- Chia Seed Breakfast Pudding
- Breakfast Quinoa


Thank you.