



Baked milk recipe**

Yield: 6 muffins (1.3 g milk protein per muffin)

Dry ingredients

- 1¼ cup of flour
- ½ cup sugar
- ¼ tsp salt
- 2 tsp baking powder

Wet ingredients

- 1 cup of cow's milk
- 2 tbsp oil (canola or vegetable)
- 1 tsp vanilla extract
- 1 large egg or
- 1½ tsp egg replacer if child is allergic to egg (options: Ener-G brand egg replacer, 1/2 mashed banana, 1/4 cup applesauce)

Directions

1. Preheat oven to 350°F.
2. Line a muffin pan with 6 muffin liners.
3. Mix the dry ingredients (flour, sugar, salt, baking powder). Set aside.
4. In a separate mixing bowl, use a whisk to mix the liquid ingredients: milk, oil, vanilla extract, egg or egg replacer.
5. Gradually add the liquid ingredients to the dry ingredients stirring until well combined. Some small lumps may remain. Do not over stir.
6. Divide the batter evenly into 6 prepared muffin liners.
Note: Depending on the size of your muffin cups, you may need to fill the muffin liners all the way to the top. If you make more than 6 muffins, please note how many muffins you made and bring at least 2 muffins with you on the day of the challenge.
7. Bake for 30-35 min or until golden brown and firm to the touch.

Tbsp, Tablespoon; tsp, teaspoon.

* Do not use egg if your child is allergic to egg.

** Developed at the Jaffe Food Allergy Institute