

Baked Good with Egg Challenge - Recipe

- ❖ Please review suggested recipe and prepare for upcoming office challenge appointment.
- ❖ Challenge dose is usually one muffin. Bring two or more for back-up.
- ❖ **Do not include ingredients of any of patient's known food allergens other than food being tested.**

Recipe (6 muffins)

- ❖ Dry ingredients:
 - 1 cup flour
 - 1/4 teaspoon salt
 - 1 teaspoon baking powder
 - 1/2 cup sugar
 - 1/4 teaspoon cinnamon

- ❖ Wet ingredients
 - 2 tablespoons milk **(if avoiding cow milk, ok to substitute soy milk, Ripple milk, rice milk, almond milk, etc.)**
 - 2 eggs
 - 1/4 cup canola or vegetable oil
 - 1/2 teaspoon vanilla extract
 - 1 cup mashed ripe banana or applesauce

Instructions

1. Preheat oven to 350°F.
2. Line muffin pan with six muffin or cupcake liners.
3. Blend dry ingredients.
4. In separate mixing bowl, mix liquid ingredients.
5. Combine wet and dry ingredients. Stir or whisk until combined, ok to leave some lumps.
6. Divide batter among six muffin cups. If desired, sprinkle with sparkling white sugar.
7. Bake 30 to 35 minutes, or until golden brown and firm to touch.