

Recipe for Muffins for
BAKED EGG CHALLENGE

Yield: 6 muffins

Each muffin contains 1/3 of one egg (~2 grams of protein)

Ingredients:

1 cup flour (or flour substitute if wheat allergic)

¼ tsp salt

2 tbs of milk (cow's milk or, if allergic: soy milk, rice milk, almond milk)

1 tsp baking powder

¼ tsp cinnamon

2 eggs

½ cup sugar

¼ cup oil

½ tsp vanilla

1 cup ripe banana or applesauce

Instructions:

Preheat oven 350 degrees F.

Combine dry ingredients and mix with wet ingredients.

Pour in muffin cups and bake for 30-35 minutes or until not wet/soggy in the middle.

Please bring 2 muffins to appointment.