

Recipe for Muffins for
BAKED MILK CHALLENGE

Yield: 6 muffins
Each muffin has ~1.3 ounce of milk (1.3g protein)

Ingredients:

1 cup of milk
2 Tbsp. canola oil
1 tsp. vanilla extract
1 Egg or 1 ½ tsp. Egg replacer if egg allergic
1 ¼ cup of flour (or flour substitute if wheat allergic)
½ cup sugar
¼ tsp. salt
2 tsp. baking powder

Instructions:

Preheat oven 350 degrees F.
Combine dry ingredients and mix with wet ingredients.
Pour into 6 muffin cups and bake for 30-35 minutes or until not wet/soggy in the middle.

Please bring 2 muffins to appointment.