Muffin Recipe for Baked Milk Challenges

- It is important that you follow this recipe and use all the batter.
- Please bring at least **4 regular size muffins** with you. You may use a 12 cupcake/muffin pan (regular size) or 2 (regular size) 6 cupcake/muffin pans. Do **not** use jumbo or mini muffin/cupcake pans.
- Bake at the temperature and time recommended to be sure the milk is fully baked.
- Follow instructions for egg allergy (*) if needed.

**Ingredients:**

1 cup of 2% milk  
2 tablespoons (30ml) of canola oil (or other vegetable oil)  
1 egg (large) or (*for egg allergy: use 1 and 1/2 teaspoons Ener-G brand Egg Replacer)  
1 teaspoon vanilla extract  
1 and 1/4 cups all-purpose flour  
1/2 cup sugar  
2 teaspoons baking powder  
1/4 teaspoon salt

**Directions:**

1. Preheat oven to 350 degrees F.  
2. Line muffin pan(s) with paper liners.  
3. Whisk together the liquid ingredients: milk, canola oil, vanilla extract, egg or egg replacer (although the egg replacer is a dry ingredient add it at this time).  
4. In a separate bowl mix the flour, sugar, salt, and baking powder.  
5. Add the liquid ingredients to the dry ingredients and mix.  
6. Pour mixture into pan dividing equally using all the batter.

**Bake for 30-35 minutes (not less).**

**Important:**

- Bring in fresh-baked muffins. Do not freeze or microwave the muffins.  
- Please bring in at least 4 muffins for the challenge.  
- Do not put frosting /icing on the muffins or anything else in the muffins.  
- You **must** have your child’s up to date Epi-pen with you for the appointment.  
- Stop any antihistamines 7 days prior to the challenge.  
- Reschedule if your child is sick, wheezing, coughing or on prednisone.  
- Remember to come with an appetite, these muffins can be very filling.

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