

Baked Egg Challenge Recipe

Ingredients:

- 1 cup flour (or flour substitute)
- ¼ teaspoon salt
- 2 tablespoons rice milk (or soy milk, cow's milk, almond milk)
- 1 teaspoon baking powder
- ¼ teaspoon cinnamon
- 2 eggs
- ½ cup sugar
- ¼ cup corn oil
- ½ teaspoon vanilla
- 1 cup mashed ripe banana or applesauce

Directions:

1. Preheat oven to 350°F.
2. Line a muffin pan with 6 muffin liners
3. Mix the liquid ingredients, milk or milk substitute, canola oil, vanilla extract, mashed ripe banana or applesauce, and eggs. Set aside.
4. In a separate mixing bowl, mix the dry ingredients (flour, sugar, salt, cinnamon, baking powder).
5. Add the liquid ingredients to the dry ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into the 6 prepared muffin liners. Depending on the size of your muffin tin, 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 to 35 minutes or until golden brown and firm to the touch.