

Muffin Recipe for Baked Milk Challenge

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

Ingredients:

- 1 cup 2% milk
- 2 tablespoons (30 mL) of canola oil (or other vegetable oil)
- 1 egg (large)
*For egg allergy, use egg replacer equivalent (ex. 1 ½ tsp Ener-G brand Egg replacer)
- 1 teaspoon vanilla extract
- ½ cup sugar
- 1 ¼ cups all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon salt

Directions:

1. Preheat oven to 350 degrees F
2. Line muffin pans with paper liners
3. Whisk together the liquid ingredients: milk, canola oil, vanilla extract, egg or egg replacer
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 the mixture into the muffin pan, dividing equally and using **ALL** the batter
7. **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. We will be eating 3 together, however bring 4 in case needed for spillage.
- Do not put frosting/icing on the muffins.
- Stop antihistamines 7 days prior to challenge appointment.
- Reschedule if patient is sick, wheezing, coughing, on prednisone, or cannot come off of antihistamines.
- Remember to come with an appetite. These muffins can be very filling.