



Baked Egg Recipe

Yield: 6 muffins (2 g egg protein per muffin)

Dry ingredients:

1 cup of flour
¼ tsp of cinnamon (optional)
¼ tsp of salt
1 tsp baking powder
½ cup sugar

Wet ingredients:

½ cup of rice milk (may use CM or soy milk IF your child is not allergic)
2 large eggs beaten
½ tsp vanilla
½ cup apple sauce
¼ cup corn oil

Directions:

1. Preheat oven to 350 F°
2. Line a muffin pan with 6 muffin liners
3. Mix dry ingredients (flour, cinnamon, salt, baking powder, sugar) set aside
4. In a separate mixing bowl, use a whisk to mix all liquid ingredients thoroughly (rice milk, eggs, vanilla, apple sauce, corn oil).
5. Gradually add the liquid ingredients to the dry ingredients stirring until well combined. Some small lumps may remain. Do not overstir.
6. Divide batter evenly into 6 prepared muffin liners.
Note: Depending on the size of your muffin cups, 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 make and bring at least 2 muffins with you on the day of the challenge.
7. Bake for 30-35 min or until golden brown and firm to the touch.