



## Baked Milk Recipe

Yield: 6 muffins (1.3 milk protein per muffin)

### Dry ingredients:

1 ¼ cup of flour  
½ cup sugar  
¼ tsp salt  
2 tsp baking powder

### Wet ingredients:

1 cup of CM  
2 tbsp canola oil  
1 tsp vanilla extract  
1 large egg or 1 ½ tsp egg replacer if child is allergic to egg

### Directions:

1. Preheat oven to 350 degrees F°
2. Line a muffin pan with 6 muffin liners
3. Mix the dry ingredients (flour, sugar, salt, baking powder). Set aside.
4. In a separate mixing bowl, use a whisk to mix the liquid ingredients: milk, canola oil, vanilla extract, egg or egg replacer (although commercial egg replacer is a dry ingredient, please add at this step).
5. Gradually add the liquid ingredients to the dry ingredients stirring until well combined. Some small lumps may remain. Do not overstir.
6. Divide the 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 made and bring at least 2 muffins with you on the day of the challenge.
7. Bake for 30-45 min or until golden brown and firm to the touch.