



Baked Egg Recipe

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

Dry ingredients

- 1 cup of flour
- ½ cup white sugar
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon cinnamon (optional)

Wet ingredients

- 1/2 cup cow's milk (or milk substitute)
- 2 large eggs, beaten
- ½ teaspoon vanilla extract
- ½ cup apple sauce
- ¼ cup canola oil

Directions:

1. Preheat oven to 350F
2. Line a muffin pan with 6 liners or grease
3. Mix the dry ingredients (flour, sugar, salt, baking powder, cinnamon). Set aside.
4. In a separate mixing bowl, use a whisk to mix the liquid ingredients (milk, canola oil, vanilla extract, eggs, apple sauce)
5. Gradually add the liquid ingredients to the dry ingredients stirring until well combined. Do not over stir.
6. Fill muffin liners evenly. If muffin batter is excessive for 6 cups, prepare equal sized muffins.
7. Baked for 30-35 minutes or until golden brown to the touch.

BRING ALL MUFFINS TO YOUR APPOINTMENT

Leonard SA, Caubet JC, Kim JS, Groetch M, Nowak-Węgrzyn A. **Baked milk-** and egg-containing diet in the management of milk and egg allergy. *J Allergy Clin Immunol Pract.* 2015 Jan-Feb;3(1):13-23; quiz 24.