

baked milk muffin recipe

Yield: 6 servings

ingredients

1 cup cow's milk

2 tbsp canola oil

1 tsp vanilla extract

1 egg or 1½ tsp egg replacer

(ex: Ener-G brand or see options on back)

1¼ cups flour

½ cup sugar

¼ tsp salt

2 tsp baking powder



Note: Do not use egg if your child is allergic to egg

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instructions

1. Preheat oven to 350°.
2. Line a muffin pan with 6 muffin liners.
3. Mix the liquid ingredients: milk, canola oil, vanilla extract and egg/alternative. Set aside.
4. In separate bowl, mix the dry ingredients: flour, sugar, salt and baking powder. Set aside.
5. Add the dry ingredients to the liquid ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into 6 prepared muffin liners.
7. Bake for 30-35 minutes or until golden brown and firm to the touch.

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household items that can be used in place of eggs (all = 1 egg)

- ¼ cup of unsweetened applesauce
- ½ mashed banana
- 4.5 ounce jar of baby food prunes
- 1 teaspoon baking soda (add to dry ingredients) + 1 teaspoon vinegar (add to wet ingredients)
- 1 tablespoon flaxseed meal + 3 tablespoons water
- 1 teaspoon unflavored gelatin + 1 teaspoon boiling water. Once dissolved, add 3 tablespoons cold water.
- ¼ cup pureed pumpkin