Recipe for Muffins for
BAKED EGG CHALLENGE

Yield: 6 muffins
Each muffin contains 1/3 of one egg (~2 grams of protein)

Ingredients:
1 cup flour (or flour substitute if wheat allergic)
¼ tsp salt
2 tbs of milk (cow's milk or, if allergic: soy milk, rice milk, almond milk)
1 tsp baking powder
¼ tsp cinnamon
2 eggs
½ cup sugar
¼ cup oil
½ tsp vanilla
1 cup ripe banana or applesauce

Instructions:
Preheat oven 350 degrees F.
Combine dry ingredients and mix with wet ingredients.
Pour in muffin cups and bake for 30-35 minutes or until not wet/soggy in the middle.

Please bring 2 muffins to appointment.