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Baked Milk Muffin Recipe

Yield: 6 muffins (1.3 g cow's milk protein per muffin)

Ingredients:

1 cup cow's milk
2 tbsp canola oil
1 tsp vanilla extract
1 egg or 1 ½ tsp egg replacer (i.e. Ener-G brand)
1 ¼ cup flour (or flour substitute)
½ cup sugar
¼ tsp salt
2 tsp baking soda

Directions:

1. Preheat oven to 350 degrees.
2. Line a muffin pan with 6 muffin liners.
3. Mix together the liquid ingredients: milk, canola oil, vanilla extract, egg (or egg replacer). Set aside.
4. In a separate mixing bowl, mix together the dry ingredients: flour (or flour substitute), sugar, salt, baking soda.
5. Add the liquid ingredients to the dry ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into the six prepared muffin liners. Depending on the size of the muffin tin, 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 to 35 minutes or until golden brown and firm to the touch.