Baked Egg Recipe

Yield: 6 muffins (1/3 egg per muffin)

Ingredients

- 1 cup flour (or flour substitute if wheat allergic)
- ¼ teaspoon salt
- 2 tablespoons milk (or soy milk, rice milk, almond milk)
- 1 teaspoon baking powder
- ¼ teaspoon cinnamon
- 2 eggs
- ½ cup sugar
- ¼ cup corn oil (or vegetable or canola oil)
- ½ teaspoon vanilla
- 1 cup mashed ripe banana or applesauce

Directions

1. Preheat oven to 350F.
2. Line a muffin pan with 6 muffin liners.
3. Mix the liquid ingredients: milk, oil, vanilla extract, mashed ripe banana or applesauce and eggs. Set aside.
4. In a separate mixing bowl, mix the dry ingredients (flour, sugar, salt, cinnamon, baking powder).
5. Add the liquid ingredients to the dry ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into the 6 prepared muffin liners. Depending on the size of your 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.
7. Bake for 30-35 minutes. This time is very important!
8. Please bring <u>all</u> muffins to the appointment. (Your child will not be required to eat all of the muffins.)