**Baked egg challenge recipe**

Egg muffins Yield – 6 muffins

(1/3 egg per muffin)

Ingredients

0.5 cup of sugar

0.25 (¼) cup of corn oil (or other oil)

2 eggs

1 cup flour (or flour substitute)

1 tsp baking powder

2 tbs of rice milk (or soy milk, cow’s milk, almond milk)

1 cup ripe banana or apple

¼ tsp salt

Directions:

1. Preheat oven to 350 degrees F.

2. Line a muffin pan with 6 muffin liners.

3. Mix the liquid ingredients: Set aside.

4. In a separate bowl, mix the dry ingredients: Set aside.

5. Add the dry ingredients to the liquid ingredients. Stir until combined. 6. Divide the batter into 6 prepared muffin liners.

7. Bake for 30-35 minutes, or until golden brown and firm to the touch.

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