**Baked milk challenge recipe**

Yield 6 muffins (1.3 g cow’s milk per muffin)

Ingredients:

1 cup cow's milk

2 tbsp canola oil

1 egg or 1-1/2 tsp egg replacer

1 tsp vanilla extract

1 1/4 cups flour

1/2 cup sugar

1/4 tsp salt

2 tsp baking powder

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.

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.

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