

BAKED IN EGG FOOD CHALLENGE

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

INGREDIENTS:

1 cup all-purpose flour (or flour substitute)
¼ teaspoon salt
2 tablespoons cow's milk (or soy milk, rice milk, almond milk or omit completely)
1 teaspoon baking powder
¼ teaspoon cinnamon
2 eggs
½ cup sugar
¼ cup vegetable oil
½ teaspoon vanilla
1 cup mashed ripe banana or applesauce

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Line muffin pan with 6 liners.
3. Mix together the liquid ingredients (milk or milk substitute, vegetable oil, vanilla extract, mashed ripe banana or applesauce and eggs. Set aside.
4. In a separate mixing bowl, mix together the dry ingredients (flour or flour substitute, 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 six 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 and bring in at least THREE muffins with you on the day of the challenge
7. Bake for 30-35 minutes until golden brown and firm to the touch.