

## Baked-In Milk Muffin Recipe

- It is important that you follow this recipe and use all the batter.
- Please bring at least **4 regular sized muffins** with you. You may use a 12-cupcake/muffin pan (regular size) or 2 (regular size) 6-cupcake/muffin pans. Do not use jumbo or mini muffin/cupcake pans.
- Bake at temperature and time recommended to make sure the milk is fully cooked.

### **Ingredients:**

1 cup of 2% milk  
2 tablespoons (30 ml) of canola oil (or other vegetable oil)  
1 large egg (substitute  $\frac{1}{3}$  cup applesauce for egg allergy)  
1 teaspoon vanilla extract  
 $1\frac{1}{4}$  cups all-purpose flour  
 $\frac{1}{2}$  cup sugar  
2 teaspoons baking powder  
 $\frac{1}{4}$  teaspoon salt

### **Directions:**

1. Preheat oven to 350° F.
2. Line muffin pan(s) with paper liners.
3. Whisk together the liquid ingredients: milk, canola oil, vanilla extract, egg (or applesauce).
4. In a separate bowl mix the flour, sugar, salt, and baking powder.
5. Add the liquid ingredients to the dry ingredients and mix.
6. Pour mixture into pan dividing equally using all the the batter.
7. Bake for 30-35 minutes (not less). Check with toothpick periodically after 25 minutes.