

BAKED EGG RECIPE

BANANA or APPLESAUCE MUFFINS

(From Jaffe Food Allergy Institute)

1 muffin = 1/3 egg = approximately 2.2g baked egg

Ingredients:

1 cup all purpose flour (or flour substitute)
¼ tsp. salt
2 TBLS cow's milk (or soy, rice, almond)
1 tsp. baking powder
¼ tsp. cinnamon

2 eggs
1/3 c. sugar
¼ c. canola oil
½ tsp. vanilla extract
1 c. mashed ripe banana or
applesauce

Directions:

1. Preheat oven to 350 degrees F.
2. Line a muffin pan with 6 muffing liners.
3. Mix together the liquid ingredients: milk or milk substitute, canola oil, vanilla extract, mashed banana or applesauce, and egg. Set aside.
4. In a separate mixing bowl, mix the dry ingredients: Flour or flour substitute, salt, baking powder, cinnamon, sugar.
5. Add the liquid ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into the six prepared muffin liners.
7. Bake 30 to 35 minutes or until golden brown and firm to touch.