

## **Oral Food Challenge Baked Egg Muffin Recipe**

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

### **Ingredients:**

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

### **Directions:**

1. Preheat oven to 350 F.
2. Line a muffin pan with 6 muffin liners.
3. Mix the liquid ingredients: milk or milk substitute, canola oil, vanilla extract, mashed ripe banana or applesauce, and eggs. Set it aside.
4. In a separate mixing bowl, mix the dry ingredients (flour, 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 6 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.
7. Bake for 30 to 35 min or until golden brown and firm to the touch.