

Baked Milk Muffin Recipe

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

Ingredients:

1 cup cow's milk
2 tbsp canola oil
1 tsp vanilla
1 egg or 1-1/2 tsp egg replacer (e.g. Ener-G brand)
1-1/4 cup flour
1/2 cup sugar
1/4 tsp salt
2 tsp baking powder

Directions:

Preheat oven to 350 F. Combine dry ingredients and mix with wet ingredients. Pour into muffin cups and bake for 30-35 minutes, or until golden brown and firm to the touch.