



Allergy & Asthma
Medical Group

Pediatric & Adult Allergy and Immunology

Baked Egg Recipe

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Yield 6 muffins (2 grams egg protein per serving)

Dry Ingredients:

1 cup of flour
¼ tsp of cinnamon (optional)
¼ tsp salt
1 tsp baking powder
½ cup sugar

Wet ingredients:

½ cup of rice milk (may use cow's milk or soy milk IF your child is *not* allergic)
2 large eggs beaten
½ tsp vanilla
½ cup apple sauce
½ cup corn oil

Directions:

1. Preheat oven to 350 degrees F.
2. Line a muffin pan with 6 muffin liners.
3. Mix together dry ingredients (flour, cinnamon, salt, baking powder, sugar). Set aside.
4. In a separate mixing bowl, use a whisk to mix all liquid ingredients thoroughly (rice milk, eggs, vanilla, applesauce, corn oil).
5. Gradually add the liquid ingredients to the dry ingredients stirring until well combined. Some small lumps may remain. Do not over stir.
6. Divide batter evenly into 6 prepared muffin liners.

Note: Depending on the size of your muffin cups, 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 at least two muffins with you on the day of the challenge.

7. Bake for 30-35 minutes or until golden brown and firm to the touch.

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