



Allergy & Asthma  
Medical Group

Pediatric & Adult Allergy and Immunology

## Baked Milk Recipe

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Yield 6 muffins

**Dry Ingredients:**

1 cup Cow's Milk (Nonfat, 1% or 2%)  
2 TBSP Canola Oil  
1 tsp Vanilla Extract  
1 Egg or 1½ tsp Ener-G Egg Replacer  
1 ¼ cups All-Purpose Flour  
½ cup Sugar  
¼ tsp Salt  
2 tsp Baking Powder

**Directions:**

1. Preheat oven to 350 degrees F.
2. Line a muffin pan with 6 muffin liners.
3. Mix together dry ingredients (flour, sugar, egg replacer, salt and baking powder). Set aside.
4. In a separate bowl, use a whisk to mix together the liquid ingredients: milk, oil, vanilla extract.
5. Gradually add the liquid ingredients to the dry ingredients stirring until well combined. Some small lumps may remain. Do not overmix.
6. Divide the batter evenly into 6 prepared muffin liners.
7. Bake for 30 – 35 minutes or until golden brown and firm to the touch.

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