

BASIC BAKED EGG MUFFINS

Recipe Developed by:
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Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or a safe plant-based, milk-free margarine.
- 3 In a small mixing bowl, stir together the wet ingredients until well combined (canola oil, vanilla extract, egg, and rice- based beverage or other plant-based beverage or milk). Set aside.
- 4 In a separate mixing bowl, mix together the dry ingredients (flour, sugar, salt, baking powder)
- 5 Add wet ingredients to dry ingredients all at once and gently stir with a large spoon (about 15-20 light strokes) until wet and dry ingredients are combined. Do not overstir. Some small lumps may remain.
- 6 Divide the batter into the 6 prepared muffin liners*
- 7 Bake 30 to 35 minutes or until golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top.

INGREDIENTS

DRY INGREDIENTS

- 1 cup (125 g) all-purpose flour (wheat)
- ½ cup (100 g) sugar
- ¼ teaspoon (1.5 g) salt
- 1 teaspoon (5 g) baking powder

WET INGREDIENTS

- 2 tablespoons (30 ml) canola oil (May use other tolerated vegetable oil)
- ½ teaspoon (2.5 ml) vanilla extract
- 2 large eggs (100 g), beaten
- ½ cup (120 ml) rice-based beverage (May use other tolerated plant-based beverage. May use milk if not allergic to cow's milk.)

Use only tolerated ingredients or ingredients approved by your physician.