

Baked Milk Muffin Recipe

2 cups Unbleached All-Purpose Flour [or substitute rice flour]

1/2 cup sugar

1/2 teaspoon salt

1 tablespoon baking powder

1 cup milk

1/4 cup vegetable oil (optional)

2 large eggs [or substitute ½ cup applesauce or 1 mashed banana]

YIELD: 12 muffins

Each muffin contains approximately 0.66 gram of milk protein.

Directions:

Preheat your oven to 500°F.

Blend together the dry ingredients as long and as vigorously as you want.

Beat the liquid ingredients together -- milk, oil, and eggs -- until they are light.

Pour wet ingredients into dry ingredients. Take a fork or wire whisk and blend the two for 20 seconds.

Fill cups of a lightly greased muffin tin two-thirds to three-quarters full. Place muffins in the oven and immediately drop temperature to 400°F*. Bake for 15 to 20 minutes, or until muffins test done.

Make exactly 12 muffins. Bring 2 muffins to the clinic for the oral food challenge.