

## Baked Egg Muffin Recipe

**Yield: 6 muffins (1/3 egg per muffin)**

### Ingredients:

1 cup all-purpose flour (or flour substitute)  
¼ tsp salt  
2 tbsp cow's milk (or soy milk rice milk, almond milk)  
1 tsp baking powder  
¼ tsp cinnamon  
2 eggs  
½ cup sugar  
¼ cup corn oil  
½ tsp vanilla  
1 cup mashed ripe banana or apple sauce

### Directions:

1. Preheat oven to 350 degrees.
2. Line a muffin pan with 6 muffin liners.
3. Mix together the liquid ingredients: milk (or milk substitute), canola oil, vanilla extract, mashed ripe banana or apple sauce and eggs. Set aside.
4. In a separate mixing bowl, mix together the dry ingredients: flour (or flour substitute), sugar, salt, cinnamon, baking powder.
5. Add the liquid ingredients to the dry ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into the six prepared muffin liners. Depending on the size of the muffin tin, 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 2 muffins with you on the day of the challenge.
7. Bake for 30 to 35 minutes or until golden brown and firm to the touch.