

## **Baked Egg Recipe (Mt. Sinai recipe)**

Yield 6 muffins (1/3 egg per muffin)

### Ingredients:

1 cup flour (or flour substitute)  
¼ teaspoon salt  
2 tablespoons rice milk (or soy milk, cow's milk, almond milk)  
1 teaspoon baking powder  
¼ teaspoon cinnamon  
2 eggs  
½ cup sugar  
¼ cup corn oil  
½ teaspoon vanilla  
1 cup mashed ripe banana or applesauce

### Directions:

1. Preheat oven to 350°F
2. Line a muffin pan with 6 muffin liners.
3. Mix the liquid ingredients: milk or milk substitute, canola oil, vanilla extract, mashed ripe banana or applesauce and eggs. Set aside.
4. In a separate mixing bowl, mix the dry ingredients (flour or flour substitute, sugar, salt, cinnamon, baking powder).
5. Add the dry ingredients to the liquid ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into the 6 prepared muffin liners.
7. Bake for 30-35 minutes or until golden brown and firm to the touch – yields 6 muffins. (1/3 whole egg per muffin = 2.2 g egg protein)

ALTERNATIVE: standard cake mix with 3 eggs added, where the total challenge contains ~1/3 of a whole egg.

Dosing: 1/8, 1/8, 1/4, 1/2 every 15 minutes.

### **IF YOU ARE ASKED TO BRING IN WAFFLES: USE THE FOLLOWING RECIPE:**

#### **Waffles** (Mt. Sinai recipe)

<0.625 inches thick to ensure thorough heating

Containing 1/3 of an egg (~2.2 g of egg protein)

Cooked in a waffle maker at approximately 500 degrees F for 3 minutes

Dosing: 4 equal portions every 15 minutes