

Baked Egg Challenge Recipe **Cake or Cupcakes**

The recipe below should be used for the challenge. The recipe can be made into 1 cake or 24 cupcakes. Please call the office if you have any questions.

Please do all of the following:

- a. Use **3 eggs** in the full batter.
 - b. Use up all the batter as instructed.
 - c. Be sure the baked product is cooked fully.
 - d. **DO NOT** frost the baked product before arriving to clinic. You may bring frosting to put on the cake during the challenge.
 - e. **DO NOT** cut the cake, Bring all of the baked products to the challenge.
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You Will Need:

- 1 cup water
- 1/2 cup vegetable oil
- 3 large eggs
- Duncan Hines yellow cake mix (check to make sure this is free of your child's other food allergens. OK to use a different cake mix if needed)

Pan Size/Bake Time:

- 24 cupcakes: 18-21 minutes, OR
- 13 X 9 Inch pan: 32-35 minutes



1. **Prep:** Preheat oven to 350°F for metal or glass pans, 325°F for dark or coated pans. Grease sides and bottom of each pan. Flour lightly. Use baking cups for cupcakes.
2. **Mix:** Blend all ingredients in large bowl at low speed until moistened (about 30 seconds). Beat at medium speed for 2 minutes. Pour batter in pans and bake immediately.
3. **Bake:** Bake following instructions given above. Add 3-5 minutes to bake time for dark or non-stick coated pans. Cake is completely baked when the toothpick inserted in center comes out clean. Cool in pan on wire rack for 15 minutes. Do not cut the cake.

Remember: Bring the entire cake/all of the cupcakes to the appointment

Baked Egg Challenge Recipe **Cake or Muffins**

Baked Egg Recipe – can be used as an alternative to Duncan Hines cake mix recipe

Makes 8 muffins; each muffin will contain approximately 1/8th egg

You will need:

- 1 cup cow's milk (or milk substitute)
- 2 tablespoons (T) canola oil
- 1 teaspoon (tsp) vanilla extract
- 1 egg
- 1 and 1/4 cups flour (or gluten-free substitute)
- 1/2 cup sugar
- 1/4 teaspoon (tsp) salt
- 2 teaspoons (tsp) baking powder

Prep

1. Preheat oven to 350°F.
2. Line a muffin pan with 8 muffin liners.

Mix

3. Mix the liquid ingredients: milk, canola oil, vanilla extract and egg. Set aside.
4. In a separate bowl, mix the dry ingredients: flour, sugar, salt and baking powder.
5. Add the dry ingredients to the liquid ingredients. Stir until combined. Some small lumps may remain.

Bake

6. Divide the batter evenly into the 8 prepared muffin liners.
7. Bake for 25 minutes, or until golden brown and firm to the touch, or a toothpick inserted comes out clean.

*If you do not have a muffin pan, this recipe can be made in an 8x8 or 9x9 cake pan. Baking time will need to be adjusted to 30-35 minutes.

Remember: Bring the whole batch of muffins/cake to your challenge appointment