

Baked Milk 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. You will need to use both liquid and dry (powdered) milk. Please call the office if you have any questions.

Please do all of the following:

- Use all the batter as instructed.
 - Bring all of the baked products to the challenge.
 - Be sure the baked product is cooked fully.
 - DO NOT cut the cake, and DO NOT frost the baked product before arriving at the clinic. You can bring frosting to put on the cake during the challenge.
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You Will Need:

- 1 cup of liquid milk
- 2/3 cup dried milk powder (like Organic Valley Non-fat dry milk)
- 1/3 cup vegetable oil
- 3 large eggs (or egg substitute if your child has an egg-allergy)
- Duncan Hines yellow cake mix (check to make sure this is free of your child's other food allergens. It is okay 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 and flour the sides and bottom of each pan (or 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 coated pans. Cake is completely baked when toothpick inserted in center comes out clean. Cool in pan on wire rack for 15 minutes. Do not cut the cake.

BRING THE WHOLE CAKE or ALL OF THE CUPCAKES

Baked Milk Challenge Recipe **Cake or Muffins**

Baked Milk Recipe – can be used as an alternative to Duncan Hines cake recipe
Makes 8 muffins; each muffin will contain approximately 1/8th cup of milk

You will need:

- 1 cup cow's milk
- 2 tablespoons (TBSP) canola oil
- 1 teaspoon (tsp) vanilla extract
- 1 egg (or egg substitute)
- 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 (or egg substitute). 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. Small lumps are okay.

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