



### **Cupcake Recipe for Baked Milk Challenges**

- Follow this recipe carefully and use all the batter.
- Following baking time and temperature carefully.
- Please bring at least four (4) regular size cupcakes with you.
- Do not use jumbo or mini muffin/cupcake pans.

#### **Ingredients:**

1 cup of whole milk

1 tablespoon of vegetable oil

1 large egg\*

\*If egg allergic: ¼ cup of applesauce

1 teaspoon vanilla extract

1 ¼ cups white flour

½ cup sugar

2 teaspoon baking powder

¼ teaspoon salt

#### **Directions:**

1. Preheat oven to 350 degrees F
2. Line muffin/cupcake pan(s) with paper liners
3. Mix liquid ingredients: milk, vegetable oil, vanilla extract, egg or applesauce
4. In separate bowl, mix the dry ingredients: flour, sugar, salt, and baking powder
5. Add the liquid ingredients to the dry ingredients and mix thoroughly.
6. Pour mixture into pan dividing equally so to use **ALL** the batter.

**Bake for 30-35 minutes (not less).**



**Important:**

- Bring in fresh-baked cupcakes. Do not freeze or microwave the cupcakes.
- Please bring at least four (4) cupcakes for the challenge.
- Do not put frosting/icing on the cupcakes or add anything else in the cupcakes.
- Stop antihistamines seven (7) days prior to the challenge.
- Reschedule if your child is sick, wheezing, coughing, or on prednisone.