



Baked Milk Recipe (Mt. Sinai recipe)

Yield 6 muffins (1.3 g cow's milk per muffin)

Ingredients:

1 cup cow's milk
2 tbsp canola oil
1 tsp vanilla extract
1 egg or 1-1/2 tsp egg replacer (e.g. Ener-G brand)
1 1/4 cups flour
1/2 cup sugar
1/4 tsp salt
2 tsp baking powder

Directions:

1. Preheat oven to 350 degrees F.
2. Line a muffin pan with 6 muffin liners.
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. Set aside.
5. Add the dry ingredients to the liquid ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into 6 prepared muffin liners.
7. Bake for 30-35 minutes, or until golden brown and firm to the touch. Yields 6 muffins (1.3 g cow's milk protein per muffin)

ALTERNATIVE: standard cake mix with 1 cup of cow's milk, where the total challenge dose contains ~1.3 g cow's milk protein

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