



BAKED EGG - VANILLA CUPCAKES

- 1 box of dry yellow cake mix
 - ❖ Be sure that the mix is free of other foods to which you/your child is allergic.
- 1/2 cup Crisco or other vegetable shortening
- 3 eggs
- 1 egg plus water to measure 2/3 cup
 - 1) Preheat oven at 350°F.
 - 2) Blend together at low speed until moistened.
 - 3) Beat at medium speed for 4 minutes.
 - 4) Place cupcake liners in the baking pan. Divide batter evenly among 24 cupcakes.
 - 5) Bake for 25-30 minutes until golden brown and slightly firm to touch. Insert a toothpick into the center of the cupcakes. If it does not come out clean, continue baking the cupcakes until the center is thoroughly baked. **Please bring in ONLY 3-4 cupcakes.**

Each cupcake contains 1/6 of an egg.

1 egg ~ 6 grams of protein

1 cupcake ~ 1 gram of egg protein