



Please select one of the following recipes:

BAKED MILK 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 cup milk
 - 2/3 cup dried non-fat milk powder
 - 1/3 cup vegetable oil
 - 3 eggs
 - ❖ If you/your child is allergic to eggs, may substitute with $\frac{3}{4}$ cup applesauce.
- 1) Preheat oven to 350°F.
 - 2) Mix the powdered milk into 1 cup of milk and stir until the powdered milk dissolves.
 - 3) Blend cake mix, milk + milk powder mixture, oil, and eggs (or egg replacer) in a large bowl at low speed until moistened (about 30 seconds).
 - 4) Beat mix at medium speed for 2 minutes.
 - 5) Place cupcake liners in the baking pan. Distribute batter evenly into 24 cupcakes.
 - 6) Bake for 18-24 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.**

1 cup milk = 8 grams milk protein

2/3 cup dried non-fat milk powder = 16 grams milk protein

24 cupcakes = 24 gram of milk protein

1 cupcake ~ 1 gram of milk protein



BAKED MILK CINNAMON CAKE

Topping:

- ½ cup brown sugar
 - 2 tablespoons flour
 - 2 teaspoons cinnamon
 - 2 tablespoons vegetable oil
- Mix together until crumbly. Set aside.

Batter:

- 1 ½ cup flour
- ½ cup sugar
- 2 ½ teaspoons baking powder
- ¼ cup vegetable oil
- ¾ cup milk + 4 ½ tablespoons dry non-fat milk
- Egg substitute: 1 ½ tablespoon water or milk, 1½ tablespoon oil, and 1 teaspoon baking powder mixed together in a separate bowl

- 1) Preheat oven to 350°F.
- 2) Mix flour, sugar, and baking powder together.
- 3) Add oil and milk.
- 4) Mix in egg substitute.
- 5) Pour half the batter into an 8" square pan (greased/flour or sprayed with vegetable oil).
- 6) Sprinkle half of the topping evenly over the batter.
- 7) Pour remaining batter. Sprinkle rest of the topping.
- 8) Bake for 30-35 minutes until golden brown and slightly firm to touch. Insert a toothpick into the center of the cake. If it does not come out clean, continue baking the cake until the center is thoroughly baked. **Please bring in the entire cake.**

1/16 portion of cake = 0.75 g of milk protein