



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 ingredients 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 2-4 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
- 1 egg or if the patient is *allergic to egg*, 1 egg substitute (1 ½ tablespoon water or milk, 1½ tablespoon oil, and 1 teaspoon baking powder mixed in a separate bowl) or ¼ cup applesauce

- 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-inch square pan (greased/floured or sprayed with vegetable oil).
- 6) Sprinkle half of the topping evenly over the batter.
- 7) Pour the remaining batter. Sprinkle the 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 to bake 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

1/8 portion of cake = 1.5 g of milk protein