



Baked Milk Muffins – Baby Bites Stage 4 Food

12 Portions • 1 Portion = 1 Muffin

INGREDIENTS

- 1 cup whole milk
- 1 egg or egg substitute
- 1 teaspoon vanilla extract
- 1 1/4 cup all-purpose flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt

DIRECTIONS

1. Preheat oven to 350°F.
2. Line a muffin pan or cupcake tray with paper or reusable liners.
3. In a bowl, whisk together milk, egg or egg substitute, and vanilla extract.
4. In a separate bowl, combine flour, sugar, baking powder, and salt.
5. Add the liquid mixture to the bowl with the dry ingredients. Mix well to combine.
6. Pour mixture evenly into each muffin or cupcake tin.
7. Bake for 30-35 minutes or until no mixture comes out when muffins are poked with a toothpick.
8. Once cooled, serve immediately, store in the refrigerator for up to five days, or store in the freezer for up to two months. Make sure to label each container with the name of the recipe and the date it was made.

Nutrition Facts

12 servings per container
Serving size 1 Muffin (49g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 65mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 1mg	6%
Potassium 34mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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