**Baked Milk Muffin Recipe**

**Ingredients**

2 cups of flour

½ cup granulated sugar

1 tablespoon of baking powder

½ teaspoon salt

¼ cup of instant non fat dry milk powder

1 cup whole milk

½ cup natural unsweetened applesauce

1 teaspoon vanilla extract

¼ cup of canola or light olive oil

**Method**

1. Pre heat oven to 400 F
2. Line a 1 ½ inch muffin pan (12 muffins) with paper liners
3. In a large bowl, stir together by hand flour, sugar, baking powder, salt, and dry milk powder.
4. In another bowl, stir together by hand milk, applesauce, vanilla, and oil.
5. Pour liquid batter into dry ingredients and mix with a fork until just combined and moistened.

Do no over mix! Batter should be lumpy

1. Spoon batter evenly approximately 2/3 full into paper lined muffins tin. Use all the batter.
2. Bake at 400 F for 20 minutes. Toothpick should come out clean.
3. Makes 12 muffins= 2.3 grams of protein
4. Bring all 12 muffins to the challenge.