

Submitting recipes for the proposed INDANA Baked egg and milk recipe book for patients

For any submission please use the following template or provide the following information:

1. Your name and contact information (email/phone)
2. Recipe name
3. Name of person who developed recipe (if the submission is from a patient, we will only use the patient's first name or another low identifier eg Timmy's mom)
4. Milk or egg protein per serving
5. Recipe yield and serving size
6. Has this recipe been tested?
7. Ingredients: Please indicate amounts in volume, weight or both. If only one type of measurement is indicated, we will convert to the other type, so the final recipe contains both.
8. Instructions
9. If you have a photo of the final baked good please attach

Recipe Example:

Baked-Egg Muffin Recipe Yield: 6 muffins

Serving size: 1 muffin

Egg protein per serving: 2g

This recipe has been tested in our research kitchen

Ingredients:

Dry Ingredients:

- 1 cup all-purpose flour (wheat)
- ½ cup sugar
- ¼ teaspoon salt
- 1 teaspoon baking powder

Wet Ingredients:

- 2 Tablespoons canola oil (or other tolerated vegetable oil)
- ½ teaspoon vanilla extract
- 2 large eggs, beaten
- ½ cup rice milk (May use other tolerated milk substitute. If not milk allergic, milk may be used.)

Instructions

1. Preheat oven to 350 degrees F. This step may take 30-45 minutes. Bake muffins only in an oven that is completely preheated to 350 degrees F.
2. Line a muffin pan with 6 muffin liners. Use aluminium or parchment paper muffin liners or alternatively, you may grease the muffin tins with Pam or safe margarine (or butter if not allergic to milk)
3. Stir together the liquid ingredients until well combined: milk, canola oil, vanilla extract, and egg. Set aside.
4. In a separate mixing bowl, mix together the dry ingredients (flour, sugar, salt, baking powder).
5. Add liquid ingredients to dry ingredients all at once and gently stir with a large spoon (about 15-20 light strokes) until wet and dry ingredients are combined. Do not over-stir. Some small lumps may remain.

6. Divide the batter into the six prepared muffin liners*. Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top.
7. Bake 30 to 35 minutes or until golden brown and firm to the touch. Cool completely before serving
8. If you make more than 6 muffins, please note that this will change the serving size. In this case, consult your dietitian or physician to adjust serving size accordingly.



Template

Name and contact information (email/phone):

Recipe Name _____

Developed by _____

Yield _____

Serving size _____

Milk or Egg protein per serving _____

Has this recipe been tested? _____

Ingredients:

Instructions:

1. Preheat oven to 350 degrees F (180 C). This step may take 30-45 minutes. Bake muffins only in an oven that is completely preheated to 350 degrees F (180 C).