PENNSTATE HERSHEY
Children's Hospital

Penn State Hershey Children's Hospital
Penn State Milton S. Hershey Medical Center
Department of Pediatrics, HS83
500 University Drive, P.O. Box 850
Hershey, PA 17033-0850

Division Allergy & Immunology
Tel: (717) 531-1846
Fax: (717) 531-0135

Baked (Heated) Milk Cupcakes/Cake

Duncan Hines yellow cake mix OR Gluten free cake mix that calls for 1C milk (or water)
Replace water with 1C milk + 1/3 C dried milk powder (mix together before adding to recipe)
1/3 C vegetable oil
3 large eggs OR egg replacer equivalent

Pans/Baking times: 13x9-inch – 32-35 minutes OR
24 cupcakes – 18-21 minutes

Preheat oven to 350 degrees F (light metal or glass pans); 325 for dark metal or nonstick pans. GREASE sides & bottom of pan(s). Flour lightly or use baking cups for cupcakes.

Blend the cake mix, milk + milk powder mixture, oil, and eggs (or egg replacer) in large bowl at low speed until moistened (about 30 seconds). Beat at medium speed for 2 minutes. Pour into baking pans and bake immediately.

Bake at times listed above (add 3-5 minutes for dark or nonstick pans). Done when toothpick inserted in center comes out clean. COOL in pan on wire rack for 15 minutes. Cool completely before frosting (if doing).

CUT 13x9-inch cake into 12 equal pieces.

"Dose" is ¼ C milk = 1 ½ pieces of cake or 3 cupcakes. Bring 6 pieces of cake or 6 cupcakes to the challenge.

FROM: University of Wisconsin

Penn State Hershey Children's Hospital
Penn State Milton S. Hershey Medical Center
Department of Pediatrics, HS83
500 University Drive, P.O. Box 850
Hershey, PA 17033-0850

Division Allergy & Immunology
Tel: (717) 531-1846
Fax: (717) 531-0135