

MUFFIN RECIPE FOR BAKED EGG CHALLENGE

(To be prepared by Parent/Guardian and brought to clinic)

Ingredients:

- 1 cup of flour (or flour substitute)
- ¼ Teaspoon of Salt
- 2 Tablespoons of rice milk (or soy milk, cow's milk, almond milk)
- 1 Teaspoon Baking Powder
- ¼ Teaspoon Cinnamon
- 2 Eggs
- ½ Cup Sugar
- ¼ Cup corn oil
- ½ Teaspoon Vanilla
- 1 Cup mashed banana or apple sauce

Directions:

- Pre-heat oven to 350 degrees F
- Combine dry ingredients
- Mix liquid ingredients: milk or milk substitute, canola oil, vanilla extract, mashed banana or apple sauce and eggs. Set aside.
- In a separate mixing bowl, mix the dry ingredients. Stir until combined. Some small lumps may remain.
- Divide batter into the 6 prepared muffin liner. Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top. If you make more than 6 muffins, please note how many muffins you made and bring at least 2 with you on the day of the challenge.
- Bake for 30-35 minutes or until golden brown and firm to the touch.

If your child passes the baked egg challenge AND you have been instructed by your allergist to add baked-egg products to your child's regular diet, the following are acceptable sources:

- Store-bought baked goods with the egg listed as the third ingredient or further down the list of ingredients.
- Home-baked goods with 1 egg per 1 cup of flour or 1 to 2 eggs per batch of recipe (yield of 6 servings)
- If home-baked goods are offered, we recommend 1 serving at a time with at least 2 hours between servings.
- Ensure that home baked goods are thoroughly cooked at a minimum of 350 degrees for a minimum of 30 minutes.

Please bring 2 muffins to appointment