

## Baked Milk Challenge: Instructions for Parents

Your child will have a **baked milk** food challenge at the Allergy & Asthma clinic

1. Muffins will need to be prepared at home and brought to the visit.
2. Please bring 2 large muffins (made in a 6-muffin pan), **NO batter should be left over.**
3. Please do **NOT** add fruit (fresh or dried), chocolate chips or any type of candy chip/sprinkle to the muffins.
4. \*Please follow directions carefully to ensure that your child gets enough milk protein to complete the challenge successfully\*

### Milk Muffin Recipe

Yields: 6 muffins

Preheat oven to 350 degrees. (*bake muffins only in an oven that is completely preheated*)

Line a muffin pan with 6 muffin liners.

### Ingredients:

- 1 cup of 2% or whole milk
  - \* Do not use A2 milk, ultrafiltered milk, or protein-enhanced milk, as these contain excessive protein. The milk should provide 8 grams of protein per 1-cup serving and must not be A2 milk.
- 2 Tbsp canola oil
- 1 tsp vanilla extract
- 1 egg (**\*If your child has egg allergy you may use one of the following egg replacements listed below**)
- 1 ¼ cups of flour
- ½ cup sugar
- ¼ tsp salt
- 2 tsp baking powder

### **\*Egg replacement options**

- 1 teaspoon of baking powder, 1 Tbsp of water, and 1 Tbsp of vinegar
- Combine 1 Tbsp of ground flaxseed and 3 Tbsp of room temperature water. Mix and let stand for 7-10 minutes.
  - \* **Do not use if your child has never consumed flaxseed previously or if your child is allergic to flaxseed**
- Commercial egg substitute: Bob's Red Mill® Egg Replacer, follow package instructions.
  - \* **Read ingredients before use and do not use if it contains your child's allergens**

### Directions:

1. Whisk together the liquid ingredients: milk, canola oil, vanilla extract, egg or egg replacer (although the egg replacer is a dry ingredient, please add at this step). Set aside.
  2. In a separate mixing bowl, mix the dry ingredients: flour, sugar, salt, baking powder.
  3. Add the liquid ingredients to the dry ingredients. Whisk until combined. Some small lumps may remain.
  4. 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. **No batter should be left over.**
  5. Bake for 30 to 35 minutes or until golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion.
- \* **If the batter is not cooked sufficiently, we may have to cancel the challenge.**

If your child passes the challenge, regular ingestion of baked milk products once a day is necessary.\*

\*See discharge instructions for further guidance.