

Oral Food Challenge – Baked Food w/Egg/Milk Recipes

Please prepare the recipe indicated and bring to the Oral Food Challenge appointment

EGG MUFFINS – Yield: 6 muffins* = 1/3 egg

*This recipe may make more than 6 muffins

Ingredients:

1 cup flour
¼ tsp salt
1 tsp baking powder
¼ tsp cinnamon
½ cup sugar
2 eggs
2 Tbsp rice milk (can substitute with milk or soy if **NOT** allergic)
¼ cup corn oil (can substitute with canola oil)
½ tsp vanilla
1 cup ripe banana or apple sauce

Preheat oven to 350 degrees. Combine dry ingredients and then mix with wet ingredients. Pour into muffin cups and bake for 30 minutes or until golden brown and firm to the touch.

******Bring three muffins to appointment.**

MILK MUFFINS – Yield: 6 muffins

Ingredients:

1 ¼ cup flour
½ cup sugar
¼ tsp salt
2 tsp baking powder
1 cup milk
2 Tbsp canola oil
1 tsp vanilla

1 egg **OR** use **one** of the following options for “egg-free” recipe (each equals 1 egg equivalent):

- 1 ½ tsp Ener-G brand egg replacer with 2 Tbsp warm water (from Whole Foods)
- 1 tsp baking powder, 1 Tbsp liquid, and 1 Tbsp vinegar
- 1 tsp yeast dissolved in ¼ cup warm water
- 1 ½ Tbsp water, 1 ½ Tbsp oil, and 1 tsp baking powder
- 1 packet gelatin and 2 Tbsp warm water (do not mix until ready)

Preheat over to 350 degrees. Combine dry ingredients and then mix with wet ingredients. Pour into muffin cups and bake for 30 – 35 minutes or until golden brown and firm to the touch. If more than 6 muffins were prepared, please inform the provider.

******Bring two muffins to appointment.**