

Baked Good with Milk Challenge - Recipe

- ❖ Please review suggested recipe and prepare for upcoming office challenge appointment.
- ❖ Challenge dose is usually one muffin. Bring two or more for back-up.
- ❖ **Do not include ingredients of any of patient's known food allergens other than food being tested (ex. use egg replacer if egg allergy).**

Recipe (makes 6 muffins)

- ❖ Dry ingredients:
 - 1 ¼ cup of flour
 - 1/4 teaspoon salt
 - 1/2 cup sugar
 - 2 teaspoons baking powder

- ❖ Wet ingredients:
 - 1 cup of cow milk
 - 1 egg or 1 ½ teaspoon egg replacer (such as Ener-G, or see other ideas at <https://www.kidswithfoodallergies.org/page/egg-allergy-recipe-substitutions.aspx>)
 - 2 tablespoons canola or vegetable oil
 - 1 teaspoon vanilla extract

Baking Instructions

1. Preheat oven to 350°F.
2. Line muffin pan with six muffin or cupcake liners.
3. Blend dry ingredients.
4. In separate mixing bowl, mix liquid ingredients.
5. Combine wet and dry ingredients. Stir or whisk until combined, ok to leave some lumps.
6. Divide batter among six muffin cups. If desired, sprinkle with sparkling white sugar.
7. Bake 30 to 35 minutes, or until golden brown and firm to touch.