



Allergy/Immunology Assoc., Inc.
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Baked Food Challenges

General Guidelines

- Food must be home baked, not store-bought.
- Products should be baked in individual serving size -- for example, cupcake, not cake; brownie muffins, not brownies; rolls, not bread.
- Center must be thoroughly cooked through, not moist or soft
- If your child is allergic to multiple foods, be sure that these other foods are not in the baked food being challenged. For example, in the below baked egg recipe, do not use butter or milk if your child is allergic to dairy. If your child has a wheat allergy, substitute the flour in the recipe with a grain that your child is not allergic to.

See following pages for **baked egg** and **baked milk** recipes



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Baked Egg in Muffin Preparation

Ingredients

- 1/2 cup butter or margarine
- 2/3 cup sugar
- 1 3/4 cup flour
- 1/2 cup milk
- 2 level teaspoons baking powder
- 2 large eggs

Preparation

1. Pre-heat oven to 350 degrees
2. Mix flour, baking powder, and sugar together
3. Add softened butter/margarine and mix until a crumbly mixture is formed
4. Whisk or beat the eggs and milk together and stir into the flour mix
5. Stir all ingredients together
6. Place muffin paper cases into muffin tray
7. Distribute batter evenly into each muffin cup.
8. Bake for 30 minutes, until golden brown and slightly firm to touch.
9. Insert toothpick into center of a muffin. If it does not come out clean, continue baking the muffins until the center is thoroughly baked.

source: Tan, JW-L et al. Clin Exp Immunol. 2013;43:1189-95.



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Baked Milk in Cupcake Preparation

Ingredients

- Any cake/muffin mix that calls for approximately 1 cup of milk or water per cup of flour or cake mix (for example, Duncan Hines Yellow Cake Mix). Be sure the mix is free of other foods that your child is allergic to.
- 1 cup milk
- 1/3 cup dried milk powder
- 1/3 cup vegetable oil
- 3 large eggs

Preparation

1. Preheat oven to 350 degrees
2. Mix the powdered milk into the 1 cup of milk. Do not use water if the recipe calls for it.
3. Whisk or beat the eggs and milk together
4. Mix all ingredients together
5. Place muffin paper cases into muffin tray
6. Distribute batter evenly into each muffin cup.
7. Bake for 30 minutes, until golden brown and slightly firm to touch.
8. Insert toothpick into center of a muffin. If it does not come out clean, continue baking the muffins until the center is thoroughly baked.