

MUFFIN RECIPE FOR BAKED MILK CHALLENGE

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

Yields 6 Muffins

Ingredients:

1 cup of milk
2 Tablespoons cooking oil
1 Teaspoon vanilla extract
1 egg or 1 ½ teaspoons egg replacer (note: We used Ener-G brand egg replacer)
1 ¼ Cups flour
½ Cups sugar
¼ Teaspoon salt
¼ Teaspoon cinnamon
2 Teaspoons baking powder

Directions:

- Pre-heat oven to 350 degrees F
- Combine dry ingredients
- Mix liquid ingredients: milk or milk substitute, cooking oil, vanilla extract 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 milk challenge AND you have been instructed by your allergist to add baked-milk products to your child's regular diet, the following are acceptable sources:

- 1) Store-bought baked goods where milk is listed as the 3rd ingredient or further down on the list of ingredients
- 2) Baked goods that contain milk-free chocolate
- 3) Home baked goods that have 240mL (1 cup) of milk per batch of a recipe
- 4) Ensure that home baked goods are thoroughly cooked at a minimum of 350 degrees for a minimum of 30 minutes.
- 5) More than 1 serving per day is okay as long as they are separated by 2 to 3 hours.

Please bring 2 muffins to appointment



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