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Baked Egg Challenge: Instructions for Parents

Your child will have a **baked egg** food challenge in the Allergy & Asthma Program on Fegan 6.

1. You will need to bake the muffins at home and bring them to your visit. Please choose one of the recipes on this handout. Options include Jiffy corn muffins (from a mix) and Homemade muffin recipe from scratch. Bring at least 2 muffins to the challenge.
2. Do not use the recipe listed if it contains other ingredients that are allergic foods for your child. If your child is allergic to any ingredients in the recipes use tolerated substitutions.
3. Do **NOT** add or buy muffin/cake mix that has chocolate chips or fruit pieces (any fresh or dried fruit). The muffins may not cook well around the fruit or chocolate.

RECIPE #1 Boxed Mix: Baked Egg Jiffy Corn Muffins (makes **6 muffins**)

Ingredients:

- 1 box of Jiffy Corn Muffin Mix (240 g)
- 2 large eggs
- 1 Tablespoon milk (15 ml) (use plant based beverage if your child is allergic to cow's milk)

Directions:

- Preheat oven to 350 degrees. This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350 degrees F.
- Line a muffin pan (**6 muffin tins**) with paper baking cups, or grease muffin tins with oil spray or allowed margarine
- In a large bowl empty the contents of the Jiffy corn muffin mix
- Add the eggs one at a time and then the milk (or plant based beverage), mix until the wet and dry ingredients are combined. It is okay if there are still some lumps. Do not over mix.
- Divide the batter evenly between the 6 muffin tins
- Bake at 350 degrees for 20-25 minutes or until firm to the touch. Assure there is no sogginess in the center. A toothpick inserted in the middle of the muffin should come out clean
- Let muffins sit for 10 minutes and then place on a rack to cool.

RECIPE CHOICE # 2 Basic Baked Egg Muffin (makes 6 muffins)

Ingredients

Dry Ingredients

- 1 cup (125 g) all-purpose flour (wheat)
- ½ cup (100 g) sugar
- ¼ teaspoon (2g) salt
- 1 teaspoon (5 g) baking powder

Wet Ingredients

- 2 Tablespoons (30 ml) canola oil (or other tolerated vegetable oil)
- ½ teaspoon (2.5 ml) vanilla extract
- 2 large eggs, beaten
- ½ cup (120 ml) rice milk (May use other tolerated plant based beverage. If not milk allergic, cow's milk may be used.)

Directions

- Preheat the oven to 350 degrees F (180 degrees C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350 degrees F (180 degrees C).
- Line a muffin pan with **6 muffin** liners. Use aluminum or parchment paper muffin liners or alternatively, you may grease the muffin tins with Pam or safe margarine (or butter if not allergic to milk)
- Stir together the liquid ingredients until well combined: milk, canola oil, vanilla extract, and egg. Set aside.
- In a separate mixing bowl, mix together the dry ingredients (flour, sugar, salt, baking powder).
- Add liquid ingredients to dry ingredients all at once and gently stir with a large spoon (about 15-20 light strokes) until wet and dry ingredients are combined. Do not over-stir. Some small lumps may remain.
- 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.**
- Bake 30 to 35 minutes or until golden brown and firm to the touch. Cool completely before serving.

Photos of baked muffins

Recipe #1



Well baked muffin-

Has a dry crumb, not soggy or gummy in the middle

Recipe #2



Be sure your muffins are fully baked. Below is an example of an undercooked muffin that should NOT be used:



Under-baked muffin-
Has a soggy or gummy looking middle

If your child passes the challenge:

- Regular ingestion of baked-egg products once a day (at least) is necessary.
- Baked products (muffin, cake, cupcakes) must be **HOMEMADE** and **WELL COOKED** (350°F for 30 minutes or more, with one or two eggs in the batter). Beware of icing or glaze that may not be a baked egg product.
- If your child tolerates homemade and well-cooked baked-egg products, your child may have store-bought baked products with egg listed as third or higher ingredient (i.e. fourth, fifth, etc).
- Your child must continue to avoid raw egg, scrambled eggs, fried eggs etc. and all products in which eggs are not well baked. **For example, continue to avoid these foods if they have egg: mayonnaise, egg based sauces, Caesar salad dressing, custard, frosting, icing, meringue, quiche, meatballs, egg battered products, French toast.**

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