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Baked Milk Challenge: Instructions for Parents

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

1. Muffins will need to be prepared at home and brought to the visit.
2. Please bring 2 large muffins (made in a 6-muffin pan) **No batter should be left over.**
3. Please do **NOT** add fruit (fresh or dried), chocolate chips or any type of candy chip/sprinkle to the muffins for the challenges.

Please follow directions carefully in order to ensure that your child gets enough milk protein to complete the challenge successfully.

Milk Muffin Recipe

Yield: 6 muffins

Preheat oven to 350 degrees. Bake muffins only in an oven that is completely preheated.

Line a muffin pan with 6 muffin liners.

Ingredients:

- 1 cup of 2% milk (Do NOT use A2 milk. Do NOT use ultrafiltered or protein enriched milk; these have too much protein. The milk should contain 8 grams protein per 1 cup serving and should not be A2 milk.)
- 2 Tbsp. canola oil
- 1 tsp. vanilla extract
- 1 Egg (**If your child has egg allergy; use 1 ½ tsp Ener-G brand egg Replacer.**)
- 1 ¼ cups of flour
- ½ cup sugar
- ¼ tsp. salt
- 2 tsp. baking powder

Directions:

1. Whisk together the liquid ingredients: milk, canola oil, vanilla extract, egg or egg replacer (although the egg replacer is a dry ingredient, please add at this step). Set aside.
2. In a separate mixing bowl, mix together the dry ingredients: flour, sugar, salt, baking powder
3. Add the liquid ingredients to the dry ingredients. Whisk until combined. Some small lumps may remain.
4. 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. **No batter should be left over.**
5. Bake for 30 to 35 minutes or until golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion. **If the batter is not cooked sufficiently, we may have to cancel the challenge.**

If your child passes the challenge: Regular ingestion of baked-milk products once a day is necessary. See discharge instructions for further guidance.