



STEVEN MACHTINGER, M.D. & ASSOCIATES, INC.

Consultants in Allergy, Asthma and Immunology of Children and Adults

100 South Ellsworth Avenue, Suite 707, San Mateo, California 94401

TEL. (650) 696-8230 FAX (650) 696-8238 Website: www.allergic.net

Email: allergicnet@gmail.com

Baked Milk Muffin Recipe

- Use a 12 regular size cupcake/muffin pan or 2 regular size 6 cupcake/muffin pans. Do not use jumbo or mini muffin/cupcake pans.
- Bake at the temperature and time recommended to be sure the milk is fully baked.

Ingredients:

1 cup of 2% milk

2 tablespoons (30ml) of canola oil (or other vegetable oil)

1 egg (large) Egg replacer may be used if patient is allergic to egg.

1 teaspoon vanilla extract

1 and 1/4 cups all- purpose flour

1/2 cup sugar

2 teaspoons baking powder

1/4 teaspoon salt

Directions:

1. Preheat oven to 350 degrees F.
2. Line muffin pan(s) with paper liners.
3. Whisk together the liquid ingredients: milk, canola oil, vanilla extract, egg or egg replacer (although the egg replacer is a dry ingredient add it at this time).
4. In a separate bowl mix the flour, sugar, salt, and baking powder.
5. Add the liquid ingredients to the dry ingredients and mix.
6. Pour mixture into pan dividing equally using all the batter.

Bake for 30-35 minutes (not less).

Important:

- • Stop all antihistamines 7 days prior to the challenge.
- • Reschedule if your child is sick, wheezing, coughing or on prednisone.
- • Bring 4 regular size muffins with you.
- • Remember to come with an appetite, these muffins can be very filling.

Baked Egg recipe–‘Low Dose’

PLEASE NOTE: a ‘true’ baked egg recipe is 2 eggs per batch of 6 cupcakes (see following recipe). But this low-dose recipe can be helpful for children who have failed a baked egg challenge build up to a regular baked egg dose.

Dry ingredients:

- 1 ½ cups flour
- 3 ½ teaspoons baking powder
- 1 teaspoon salt
- 1 ½ teaspoons baking soda

Wet ingredients:

- 3 tablespoons melted shortening
- 1 tablespoon honey
- 1 ¼ cups milk or milk substitute
- 1 egg

Directions:

Preheat oven to 350.

Mix dry ingredients. Stir the honey into the melted butter, then add all wet ingredients to dry and mix until smooth. Add a generous amount of cinnamon (perhaps ½ tablespoon?). Scoop into muffin tin, or individual silicone muffin cups on baking sheet. Fill each cup about ¾ full.

Bake 35 minutes (you can bake for less time as your child begins to tolerate baked egg).

Baked-Egg Muffin Recipe

Yield : 6 muffins

Dry ingredients:

- 1 cup of flour
- ¼ tsp of cinnamon (optional)
- ¼ tsp salt
- 1 tsp baking powder
- ½ cup sugar

Wet ingredients:

- ½ cup of rice milk (may use cow or soy milk IF your child is not allergic to milk or soy)
- 2 eggs beaten
- ½ tsp vanilla
- ½ cup applesauce
- ¼ cup corn oil

Directions:

- Preheat oven to 350 F.
- Mix all dry ingredients together (flour, cinnamon, salt, baking powder, sugar).
- In a separate bowl, use a whisk to mix all liquid ingredients thoroughly (rice milk, eggs, vanilla, applesauce, corn oil).
- Gradually add the liquid ingredients to the dry ingredients mixing until well combined. Some small lumps may remain. Do not over stir.
- Spoon batter into 6 prepared muffin tins.

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 two muffins with you on the day of the challenge.

Bake for 35 to 40 minutes or until golden brown and firm to the touch.