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BAKED MILK-AND EGG CONTAINING DIET IN THE MANAGEMENT OF MILK AND EGG ALLERGY

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BAKED MILK & EGG RECIPE:

Yield: 6-12 muffins (1.3g milk protein per muffin)

Dry ingredients:
1 ¼ cup of flour
¼ cup sugar (optional)
¼ tsp salt
2 tsp baking powder
1 tsp cinnamon (optional)

Wet ingredients:
1 cup of Cows Milk
2 tbsp canola oil
1 tsp vanilla extract
2 large eggs

Directions:
1. Preheat oven to 180C.
2. Line a muffin pan with muffin liners, or spray and cook.
3. Mix the dry ingredients (flour, sugar, salt baking powder). Set aside.
4. In a separate mixing bowl, use a whisk to mix the liquid ingredients: milk, canola oil, vanilla extract, egg.
5. Gradually add the liquid ingredients to the dry ingredients stirring until well combined. Some small lumps may remain. Do not over stir.
6. Divide the batter evenly into prepared muffin liners.
   Note: Depending on the size of your muffin cups, 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 muffins with you to the challenge.
7. Bake for 30-35 min or until golden brown and firm to the touch.

Instructions for introducing baked milk at home – after the physician-supervised OFC and when approached by your doctor:

- Should your child develop an allergic reaction to the food that contains baked milk, please record the offending food, amount eaten, preparation technique, and symptoms and contact our office at your earliest convenience to review the reaction.

Tbsp, Tablespoon; *tsp, teaspoon.*

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- This is a 3 step procedure:
    - step 1:cupcakes,
    - step 2:flapjacks/pancakes,
    - step 3: egg/milk/cheese

  these are usually done 3 months apart while the child eats it at least 3 times a week for 3 months.

- Your child must eat the cupcake at least 3 times a week for 3 months, if there is no eczema or tummy ache it can be increased to more days of the week.

- The cupcake challenge is followed with a Flapjack/Pancake challenge after three months.

- Flapjack/Pancake challenge is followed up after 3 months with an egg/milk/cheese challenge, this will be discussed at your pancake/flapjack introduction.

- Do not give your cupcake/flapjack if your child is sick, has fever or diarrhoea. Restart once they are well.

- If your child develops eczema, tummy ache, diarrhoea inform Dr. McDonald and reduce the dose of your cupcake/flapjack.

- Discuss if your child has been cleared for commercial cupcakes once they have completed their challenge, this is done on a case by case basis.

- If your child passed the cupcake challenge it does not mean they will automatically be cleared for commercial cupcakes.

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