



Baked Egg FOOD CHALLENGE APPOINTMENT GUIDELINES -

- Be sure your child does not eat anything for 1 hour prior to the appointment. Fluids are allowed.
- Be prepared to stay for 2.5-3 hours.
- Please be sure your child is off **ALL** antihistamines for a minimum of 72 hours (optimally, 1 week) before the food challenge visit.
- Bring your epinephrine autoinjector (EpiPen/Auvi-q/Adrenaclick).
- If your child is sick with fever or respiratory symptoms, or is having an eczema, allergy, or asthma flare, call our office (434-982-3654) before coming for your appointment.
- Please call our office (434-982-3654) **A MINIMUM OF 48 HOURS IN ADVANCE** of your food challenge appointment if you are unable to keep the appointment.
- Please read the specific food challenge instructions below.

Baked Egg Challenge:

1. Bring 4 baked muffins according to the recipe below. Alternatively, a muffin recipe that uses 1 egg per muffin batch can be used. If your child has other foods allergies (such as milk or wheat) do not add them to the muffin mix.
2. Please bake muffins thoroughly (350°F degrees for 30 minutes), and please write down how many muffins you made.

Baked Egg Recipe

(adapted from Jaffe Food Allergy Institute)

Yield 6 muffins (1 muffin = 1/3 egg = approximately 2.2g baked egg protein)

Ingredients:

- 1 cup all-purpose flour (or flour substitute)
- 1 tsp baking powder
- ½ cup sugar (or other sweetener)
- ¼ tsp salt
- ¼ tsp cinnamon
- ½ tsp vanilla
- 2 Tbsp milk (cow, soy, rice, almond)
- ¼ cup vegetable oil
- 2 eggs
- 1 cup ripe mashed bananas or applesauce

Directions:

1. Preheat oven to 350°F.
2. Line a muffin pan with 6 muffin liners.
3. Mix together the wet ingredients: milk or milk substitute, canola oil, vanilla extract, mashed banana or applesauce and egg. Set aside.
4. In separate bowl, mix the dry ingredients: flour, baking powder, salt, sugar and cinnamon.
5. Add the liquid ingredients to the dry. Stir until combined. Some small lumps may remain.
6. Divide batter into the 6 prepared muffin liners.
7. Bake 30-35 minutes or until golden brown and firm to touch.