



Baked Milk 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 Milk Challenge:

1. **Option 1:** Boil 2 cups (16 ounces) of your preferred cow's milk and place in the refrigerator overnight. Bring the 16 ounces to your appointment. Syrups such as chocolate or strawberry can be added if your child prefers.
2. **Option 2:** Bring 4 baked muffins according to the recipe below. Alternatively, a muffin that uses 1 cup of milk per muffin batch can be used. If your child has other foods allergies (such as egg or wheat) do not add them to the muffin mix.
3. Please bake muffins thoroughly.

Baked Milk Recipe

(adapted with permission from Jaffe Food Allergy Institute)

Yield 6 muffins (1 muffin = 1.3 grams cow's milk protein)

Ingredients:

- 1 cup cow's milk
- 2 Tbsp canola oil
- 1 tsp vanilla extract
- 1 egg or 1-1/2 tsp egg replacer (e.g. Ener-G brand)
- 1 ¼ cups flour (or flour substitute)
- ½ cup sugar (or other sweetener)
- ½ tsp salt
- 2 tsp baking powder

Directions:

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