

Instructions for introducing baked egg at home – after the physician supervised oral food challenge and when approved by your doctor:

When your child has passed the baked egg challenge he/she will be able to eat extensively baked products with egg as an ingredient. Should your child develop an allergic reaction to the food that contains baked egg, please record the offending food, amount eaten, preparation technique and symptoms and contact our office to review the reaction at your earliest convenience.

Your child may eat the following:

- Store-bought baked products with egg/egg ingredients listed as the 3rd ingredient or further down the list of ingredients.
- Home baked products that have no more than 1/3 of a baked egg per serving. For example: a recipe that has 2 eggs/batch of a recipe that yields 6 servings.
- Remember to check store-bought products and ingredients based on your child's food allergies in order to avoid a reaction to other allergens.
- All baked products must be baked throughout and not wet or soggy in the middle.

**Serving sizes are specified in the nutritional information section of the food label or determined by the yield of the recipe.*

Your child should continue to avoid un-baked egg and egg-based foods such as:

- Baked products with egg listed as first or second ingredient
- Caesar salad dressing
- Custard
- Eggs in the form of hard boiled, scrambled or poached, etc.
- Egg noodles
- French toast/pancakes
- Homemade waffles
- Frosting containing egg
- Ice cream
- Mayonnaise
- Quiche
- Egg cooked in meatballs or chicken cutlets/chicken fingers

Recipe Instructions for *baked egg* oral food challenge

Please prepare the following recipe to bring to the clinic on your day of your challenge:

Baked-Egg Muffin Recipe

Yield: 6 muffins

Ingredients:

Dry Ingredients

1 cup all-purpose flour (wheat)

½ cup sugar

¼ teaspoon salt

1 teaspoon baking powder

Wet Ingredients

2 Tablespoons canola oil (or other tolerated vegetable oil)

½ teaspoon vanilla extract

2 large eggs, beaten

½ cup rice milk (May use other tolerated milk substitute. If not milk allergic, milk may be used.)

1. Preheat oven to 350 degrees F. This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350 degrees F.
2. Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners or alternatively, you may grease the muffin tins with Pam or safe margarine (or butter if not allergic to milk)
3. Stir together the liquid ingredients until well combined: milk, canola oil, vanilla extract, and egg. Set aside.
4. In a separate mixing bowl, mix together the dry ingredients (flour, sugar, salt, baking powder).
5. Add liquid ingredients to dry ingredients all at once and gently stir with a large spoon (about 15-20 light strokes) until wet and dry ingredients are combined. Do not over-stir. Some small lumps may remain.
6. 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. 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.**
7. Bake 30 to 35 minutes or until golden brown and firm to the touch. Cool completely before serving.