

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

When your child has passed the baked milk challenge he/she will be able to eat extensively baked products with milk as an ingredient. 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.

Your child may now eat the following:

- Store-bought baked products with milk/milk ingredient listed as the 3rd ingredient or further down the list of ingredients.
- Home baked products that have no more than 1/6th cup of milk per baked milk serving. For example: a recipe that has 1 cup milk per batch of a recipe (yield 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.

**Servings 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 milk and milk-based foods such as:

- Baked products with milk listed as first or second ingredient
- Products that may have a milk ingredient that has not been baked such as a milk ingredient containing frosting on a cookie or cupcake or a cheese flavoring on a cracker that may not have been baked (e.g., flavorings may be applied topically or sprayed on after the product is baked)
- Milk chocolate chips that will melt during baking but not "bake". Please continue to use milk-free chocolate chips.
- Frostings with a milk ingredient
- French toast/pancakes
- Homemade waffles
- Cooked milk products that are not baked such as puddings

Muffin Recipe for *baked milk* oral food challenge

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

Baked-Milk Muffin Recipe

Yield: 6 muffins

Ingredients:

1 cup of Milk

2 Tbsp. canola oil

1 tsp. vanilla extract

1 Egg* **or** 1 ½ tsp. Egg replacer if child is allergic to egg (Note: We use Ener-G brand egg replacer)

1 ¼ cup of all-purpose flour (wheat)

½ cup sugar

¼ tsp. salt

2 tsp. baking powder

***DO NOT use egg if your child is allergic to egg**

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.
3. Stir together the liquid ingredients until well combined: milk, canola oil, vanilla extract, egg or egg replacer (although the egg replacer is a dry ingredient, please add at this step). Set aside.
4. In a separate mixing bowl, mix together the dry ingredients (flour, sugar, salt, baking powder).
5. Add liquids ingredients to dry ingredients all at once and gently stir with a wooden spoon (about 15-20 light strokes) until wet and dry ingredients are just 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.