

Tina C. Zecca, DO

ALLERGY & ASTHMA ASSOCIATES OF MONMOUTH
COUNTY

200 White Road Ste #205
Little Silver, NJ 07739

224 Taylors Mills Road Ste #103
Manalapan, NJ 07726

(732) 741-8222 Little Silver. (732) 847-9910 Manalapan
(732) 741-6217 Little Silver fax (732) 847-9913 Manalapan fax

Instructions for a Baked Milk Oral Challenge

Please bring the baked item with you to the office on your Challenge Day.

Baked Milk Muffin Recipe

Yield: 6 muffins

Ingredients:

1 cup of milk

2 tbsp. of canola oil

1 tsp. vanilla extract

1 egg** *or* Egg Replacer if child is allergic to egg (e.g., Ener-G brand egg replacer)

1 ¼ cup of flour *or* flour substitute if child is allergic to wheat/gluten

½ cup of sugar

¼ tsp. of salt

2 tsp. baking powder

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

1. Preheat oven to 350 degrees.
2. Line a muffin pan with 6 muffin liners.
3. Using a wire whisk, whisk together the liquid ingredients; milk, canola oil, vanilla extract, egg, or egg replacer (even if the egg replacer is a dry ingredient, please add at this step). Set aside.
4. In a separate mixing bowl, mix the dry ingredients together (flour, sugar, salt, baking powder).
5. Add the liquid ingredients to the dry ingredients. Whisk until combined. Some small lumps may remain.
6. Divide the batter into the six prepared muffin liners. **Depending on the size of your muffin pan, you may need to fill the muffin liners all the way to the top. If you make more than six muffins, please note how many muffins you made and bring at least 2 (two) muffins with you on the day of your challenge.**
7. Bake for 30-35 minutes or until golden brown and firm to the touch.