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### **Baked-Egg Muffin Recipe for Oral Challenge**

Yield: 6 muffins

#### **Dry ingredients:**

1 cup of flour

¼ tsp of cinnamon (optional)

¼ tsp salt

1 tsp baking powder

½ cup sugar

#### **Wet ingredients:**

½ cup of rice milk (may use cow or soy milk IF your child is not allergic to milk or soy)

2 eggs beaten

½ tsp vanilla

½ cup apple sauce

¼ cup corn oil

#### **Directions:**

Preheat oven to 350 F.

Mix all dry ingredients together (flour, cinnamon, salt, baking powder, sugar).

In a separate bowl, use a whisk to mix all liquid ingredients thoroughly (rice milk, eggs, vanilla, applesauce, corn oil).

Gradually add the liquid ingredients to the dry ingredients mixing until well combined. Some small lumps may remain. Do not over stir.

Spoon batter into 6 prepared muffin tins.

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. Bring all of the muffins with you on the day of the challenge.

Bake for 35 to 40 minutes or until golden brown and firm to the touch.

Tip: Bring apple sauce or banana to mix in during the challenge, per child preference. Bring a sweater or jacket. Also bring entertainment (book, ipad, etc.) to the visit as you can expect to be in clinic for most of the morning or afternoon.

