

Bina Joseph, MD
Andrew Collins, MD
Alexandra Chastant, MD

Baked-Milk Muffin Recipe for Oral Challenge

Yield 6 muffins (1.3 g cow's milk per muffin)

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 1/4 cups flour
- 1/2 cup sugar
- 1/4 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 liquid 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. Set aside.
5. Add the dry ingredients to the liquid ingredients. 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. Yields 6 muffins (1.3 g cow's milk protein per muffin)

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.

