

**BAKED EGG MUFFINS FOR ORAL CHALLENGE**

Here is the recipe we recommend you use to make muffins to be used in a baked egg oral challenge:

**Ingredients:**

1 cup flour (or flour substitute)

¼ teaspoon salt

2 tablespoons rice milk (or soy milk, cow’s milk, almond milk)

1 teaspoon baking powder

¼ teaspoon cinnamon

2 eggs

½ cup sugar

¼ cup canola oil

½ teaspoon vanilla

1 cup mashed ripe bananas or applesauce

**Directions:**

1. Preheat oven to 350 F.
2. Line a muffin pan with 6 muffin liners.
3. Mix the liquid ingredients: milk or milk substitute, canola oil, vanilla extract, mashed ripe bananas or applesauce, sugar, and eggs. Set aside.
4. In a separate mixing bowl, mix the dry ingredients (flour, salt, cinnamon, baking powder)
5. Add the liquid ingredients to the dry ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into the 6 prepared muffin liners. Depending on the size of the 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 you made and bring at least 2 muffins with you on the day of the challenge.
7. Bake for 30 to 35 minutes or until golden brown and firm to the touch.

**If your child passes the baked egg challenge, we recommend adding baked egg products into the child’s regular diet.**

Examples of products include the following:

Store-bought baked products with egg listed as the third ingredient or further down the list of ingredients

Home-baked products that have 1 egg per 1 cup of flour or 1-2 eggs per batch of a recipe (yield 6 servings)

If home-baked products are offered, we recommend feeding 1 serving at a time (with at least 2 hours between servings)

Examples of products that have egg and do not qualify as baked egg:

Caesar salad dressing

Custard

Eggs in their natural form: hard boiled, scrambled, poached, etc.

French toast

Frosting for cakes and pastries

Mayonnaise

Quiche