

Baked Milk Challenge Instructions



You/your child has a baked milk food challenge scheduled on _____ at _____.

1. Please remember to avoid medications that interfere with testing, such as Claritin, Zyrtec, or Allegra for 7 days prior to testing. Benadryl may be taken up to 24 hours prior to testing. See the "Medications to Avoid" sheet for further information.
2. Muffins will need to be prepared at home and brought to the visit.
3. Please bring 2 large muffins (made in a 6-muffin pan) or 4 small muffins (made in a 12-muffin pan) made from the recipe below. **No batter should be left over.**

Please follow directions carefully in order to ensure that you/your child gets enough milk protein to complete the challenge successfully.

Fruit Muffins

2 cups all-purpose flour	¼ cup shortening
3 teaspoons baking powder	2 cups milk
½ teaspoon salt	1 cup apple – peeled, cored, and chopped (Optional)
½ cup white sugar	

Directions:

1. Preheat oven to 350 degrees. Lightly grease 6 or 12 muffin cups depending on pan size.
2. In a large bowl, sift together flour, baking powder, and salt.
3. In a separate bowl, cream together sugar and shortening. Stir the flour mixture into the sugar mixture alternately with the milk. Fold in the fruit. Pour batter into prepared muffin cups, batter will be lumpy. May top with cinnamon/sugar.
4. Bake in preheated oven for 30 minutes. Toothpick inserted into the center of a muffin must come out clean.

Optional: May add 1 teaspoon cinnamon and one teaspoon vanilla to the batter if your child has had previously and enjoys. May top with cinnamon/sugar prior to baking if desired.

Fruit options: May add an alternative fruit your child enjoys if desired. When adding fruit, use extra caution that the muffin is cooked thoroughly and that a toothpick inserted in the center comes out clean. May omit fruit if desired.

**The muffins MUST BE BAKED FOR 30 MINUTES AT 350 DEGREES.
If the batter is not cooked sufficiently, we may have to cancel the challenge.**

If the challenge is passed, you must eat 1-3 daily servings of baked milk products to avoid re-sensitization. Baked products (muffins, cake, cupcakes, bread) must be **HOMEMADE** and **WELL COOKED (350 degrees for 30 minutes or more)**.

If homemade and well-cooked baked-milk products are tolerated for two weeks, you/your child may have store-bought baked products that **do not have with milk listed as the first or second ingredient**. **Continue to avoid whole, 1%, 2% and skim milk, cream, half and half, ice cream, whipped cream, cheese, milk shakes and sauces with milk.** Liquid milk has the most potent milk protein concentration and should be avoided. Take care as many baked goods are topped or filled with frosting/sauces that contain uncooked milk. **If you are not sure about a food, avoid it.**

Schedule a follow-up visit in six months to discuss the option of an in-office baked cheese challenge.