

## **Baked Food Challenges**

New research shows that children able to tolerate baked food products are more likely to outgrow their food allergy. We offer baked food challenges to see if new foods can be safely introduced.

### **Egg**

Muffins, pancakes, cupcakes, or waffles

Prepare with a ratio of two eggs per one cup of flour or mix, use two large eggs

Follow recipe according to package instructions using above ratio

Be mindful of other foods your child may be allergic to and use appropriate substitutions if necessary

Bake at least for 30 minutes at a temperature of at least 350 degrees

Bring in at least ½ of the total amount baked to ensure we have enough for a complete food challenge

### **Milk**

Cake, cupcakes, or muffins

Prepare with a ratio of one cup of milk per one cup of flour or mix

Follow recipe according to package instructions using the above ratio

Be mindful of other foods your child may be allergic to and use appropriate substitutions if necessary

Bake at least for 30 minutes at a temperature of at least 350 degrees

Bring in the entire amount baked to ensure enough is available for a complete food challenge