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Baked Egg Challenge Recipe

Yields 6 muffins.

Ingredients:

- 1 cup flour (or gluten-free flour)
- ¼ teaspoon salt
- 2 tablespoons milk (if patient is allergic to cow's milk: use 2 tablespoons of soy milk, rice milk, or almond milk if patient is not allergic to soy, rice, or almond)
- 1 teaspoon baking powder
- 2 eggs
- ½ cup sugar
- ¼ cup canola oil
- ½ teaspoon vanilla
- 1 cup mashed ripe banana or 1 cup applesauce

Directions:

1. Preheat oven to 350° F.
2. Line a muffin pan with 6 muffin liners.
3. In one bowl, mix the liquid ingredients (milk or milk substitute, canola oil, vanilla extract, mashed ripe banana or applesauce, and eggs). Set aside.
4. In a separate mixing bowl, mix the dry ingredients (flour, sugar, salt, and baking powder).
5. Gradually 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 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.
7. Bake for 30 to 35 minutes, or until golden brown and firm to the touch.

Please bring at least 2 muffins with you on the day of the challenge. The patient should be kept off of antihistamines for 5 days prior to the appointment. If the patient is sick or not feeling well on the day of the appointment, please call the office to discuss with one of the nurses.