



Allergy, Asthma & Sinus
CENTER OF TUSCALOOSA

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Baked Egg Challenge Recipe

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 corn oil
- ½ teaspoon vanilla
- 1 cup mashed ripe banana or applesauce

Directions:

- Preheat oven to 350°F
- Line a muffin pan with 6 muffin liners
- Mix the liquid ingredients, milk or milk substitute, canola oil, vanilla extract, mashed ripe banana or applesauce, and eggs. Set aside.
- In a separate mixing bowl, mix the dry ingredients (flour, sugar, salt, cinnamon, baking powder)
- Add the liquid ingredients to the dry ingredients. Stir until combined. Some small lumps may remain.
- Divide the batter into the 6 prepared muffin liners. Depending on the size of your muffin tin, you may need to fill liners all the way to the top. If you make more than 6 muffins, please note how many muffins you made and bring at least 2 muffins with you on the day of the challenge.
- Bake for 30 to 35 minutes or until golden brown and firm to the touch.