

BAKED MILK CHALLENGE RECIPE

CHALLENGE SUBSTANCE: Muffin (parents required to make)

Muffin ingredients

- 125 g of butter at room temp
- 160 g of sugar
- 200 g of sifted self-raising flour (if allergic to wheat, use appropriate flour – e.g. soy, rice and baking powder - approx. 1tsp if required)
- 250 ml of milk
- 2 eggs or egg substitute (room temp)
- Muffin tray (12 muffins) and use only 10 large muffin cups

Preparation instructions

1. Pre-heat conventional oven to 180°C (165 fan forced)
2. Add softened butter and sugar and mix on low speed until creamy
3. Add the two eggs and mix on low speed until combined
4. Add alternative equal amounts of sifted flour and milk whilst mixing on low speed until all flour and milk has been added
5. Combine ingredients on medium speed until smooth
6. Add optional 1 teaspoon vanilla essence
7. Place muffin cups into the tray and distribute batter evenly into each of 10 muffin cups
8. Bake for 20-25 minutes or until slightly golden brown and just firm to touch (or test with skewer)

Please bring two muffins along on the day of challenge.

The challenge will consist of a maximum of one whole muffin.

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Precautions:

- Food challenges should only be undertaken for patients who have been carefully selected by clinical immunology and allergy specialists or appropriately qualified and experienced medical practitioners in consultation with clinical immunology and allergy specialists.
- Food challenges may provoke an allergic reaction in sensitised individuals and should therefore only be performed under medical supervision with immediate access to emergency treatment for anaphylaxis.
ASCIA takes no responsibility for any adverse outcomes that may occur using these protocols.