

BAKED EGG CHALLENGE RECIPE

CHALLENGE SUBSTANCE: Muffin (parents required to make)

Muffin ingredients

- 100 g of room temperature butter or Nuttalex margarine (or other milk free margarine if cow's milk allergic)
- 160 g of sugar
- 220 g of sifted self-raising flour (if allergic to wheat, use appropriate flour – e.g. soy, rice)
- 125 ml of milk child is tolerant to (e.g. cow's, soy, rice, etc)
- 2 large (50 g) sized eggs (room temperatures)
- Muffin tray (12 muffins) and muffin cups

Preparation instructions

1. Pre-heat conventional oven to 180°C (fan forced 165)
2. Mix butter and sugar until creamy
3. Add the two eggs and mix
5. Add flour and milk and combine on low speed
6. Place muffin cups into the tray
7. Distribute batter evenly into each muffin cup
8. Bake for 20 minutes or until slightly golden brown and firm to touch

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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Food challenges are primarily used to determine if positive food allergy tests are associated with current clinical allergy.

ASCIA Food Challenge Protocols were developed to standardise protocols used by Immunology and Allergy specialists in Australia and New Zealand. They are peer reviewed, based on expert opinion and published literature, and not funded by, nor influenced by any commercial organisations. ASCIA takes no responsibility for any adverse outcomes that may occur using these protocols.

Precautions:

- Food challenges should only be undertaken in carefully selected patients by Immunology and Allergy specialists or appropriately qualified and experienced medical practitioners, in consultation with 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.