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## Baked Milk Recipe

Mt. Sinai's instructions for a *baked milk* oral food challenge in the clinic:

Yield: 6 muffins

### INGREDIENTS

¾ cup plus 1 tsp non-fat dry milk powder (NFDM) (OR your own recipe that contains 1/6<sup>th</sup> cup of milk per muffin)  
1 cup of flour  
¾ tsp of cinnamon (optional)  
¾ tsp salt  
1 tsp baking powder  
2 eggs or equivalent egg replacer (we use 1 ½ tsp Ener-G egg replacer plus 3 ½ Tbsp of water, 1 tsp baking powder plus 1 ½ tsp corn oil) Use a whisk to mix all ingredients thoroughly.  
½ cup sugar  
½ tsp vanilla  
½ cup applesauce  
¼ cup water  
¼ cup corn oil

### DIRECTIONS

1. Preheat oven to 350 and line 6 holes of a full-sized muffin tin.
2. Mix together wet ingredients: water, applesauce, vanilla, oil and eggs or egg replacers.
3. Dissolve NFDM in wet mixture.
4. In another bowl, use a whisk to combine all dry ingredients thoroughly
5. Add the liquid mixture to the dry ingredients, stirring until just moistened.
6. Pour batter into lined muffin tin until 2/3 full.
7. Bake muffins for 35 to 40 minutes or until golden brown and firm to the touch.
8. Cool in pan on a wire rack for 10 minutes. Then lift cups or turn out of pan onto wire rack and to continue cooling.