

BAKED EGG CHALLENGE RECIPE

The goal for a baked milk food challenge is to have the child eat a known quantity of egg in a baked product, such as a cake or muffin. If your child has a wheat allergy, bake a gluten free cake or muffin that calls for 2-3 eggs.

Sample recipe:

Duncan Hines Yellow Cake Mix OR

Gluten Free Yellow Cake mix that makes a 2 layer cake

You Will Need:

- 1 1/3 Cups Water
- 1/3 Cup Vegetable Oil
- 3 Large Eggs

Pan Size/Bake Time:

- 24 Cupcakes: 18-21 minutes
1. **Prep:** PREHEAT oven to 350°F for metal or glass pans, 325°F for dark or coated pans*. GREASE sides and bottom of each pan. FLOUR lightly or use baking cups for cupcakes
 2. **Mix:** BLEND dry mix, water, oil and eggs in large bowl at low speed until moistened (about 30 seconds). BEAT at medium speed for 2 minutes. POUR batter in pans and bake immediately.
 3. **Bake:** Bake following chart on box. Add 3-5 minutes to bake time for dark or coated pans. Cake is done when toothpick inserted in center comes out clean. COOL in pan on wire rack for 15 minutes

You only need to bring 6 cupcakes to the food challenge. This allows for spillage.