

Tina C. Zecca, DO

ALLERGY & ASTHMA ASSOCIATES OF MONMOUTH  
COUNTY



200 White Road Ste #205  
Little Silver, NJ 07739

224 Taylors Mills Road Ste #103  
Manalapan, NJ 07726

(732) 741-8222 Little Silver. (732) 847-9910 Manalapan  
(732) 741-6217 Little Silver fax (732) 847-9913 Manalapan fax

## Instructions for a Baked Egg Oral Challenge

Please bring the baked item with you to the office on your Challenge Day.

### **Baked Egg Muffin Recipe**

Yield: 6 muffins

#### **Ingredients:**

1 cup of flour (or flour substitute)

¼ tsp. salt

2 tbsp. rice milk (or soy milk, cow's milk, or almond milk; depending on your child's allergy)

1 tsp. baking powder

¼ tsp. cinnamon

2 eggs

½ cup sugar

¼ cup canola oil

½ tsp. vanilla

1 cup mashed ripe banana or applesauce

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