

Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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Baked Egg Challenge Waffle Recipe

1 cup flour (or flour substitute)

1/4 tsp salt

2 tablespoons of rice milk (or soy milk, cow's milk, almond milk)

1 tsp baking powder

1/4 tsp cinnamon

2 eggs

1/2 cup sugar

1/4 cup corn oil

1/2 tsp vanilla

1 cup mashed ripe banana or apple sauce

Combine dry ingredients and mix with wet ingredients. Make the waffles <0.625 inches thick to ensure thorough heating. Cook in a waffle maker at 500F for 3 minutes.

Bring 2 waffles to your challenge appointment.

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