

Allergy Consultants, P.A.

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

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Baked Milk Challenge Waffle Recipe

1 cup cow's milk

2 tbsp. canola oil

1 tsp vanilla extract

1 egg or 1-1 ½ tsp egg replacer

1 ¼ cups flour (or flour substitute)

½ cup sugar

¼ tsp. salt

2 tsp. baking powder

Combine dry ingredients and mix with wet ingredients. Make the waffles less than half an inch 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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