

Baked Milk Recipe (Mt. Sinai recipe)

Yield 6 muffins (1.3 g cow's milk per muffin)

Ingredients:

1 cup cow's milk
2 tbsp canola oil
1 tsp vanilla extract
1 egg or 1-1/2 tsp egg replacer (e.g. Ener-G brand)
1 1/4 cups flour
1/2 cup sugar
1/4 tsp salt
2 tsp baking powder

Directions:

1. Preheat oven to 350 degrees F.
2. Line a muffin pan with 6 muffin liners.
3. Mix the liquid ingredients: milk, canola oil, vanilla extract and egg. Set aside.
4. In a separate bowl, mix the dry ingredients: flour, sugar, salt and baking powder. Set aside.
5. Add the dry ingredients to the liquid ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into 6 prepared muffin liners.
7. Bake for 30-35 minutes, or until golden brown and firm to the touch. Yields 6 muffins (1.3 g cow's milk protein per muffin)

ALTERNATIVE: standard cake mix with 1 cup of cow's milk, where the total challenge dose contains ~1.3 g cow's milk protein

Dosing: 1/8, 1/8, 1/4, 1/2 every 15 minutes.

IF YOU ARE ASKED TO BRING IN WAFFLES; USE THE FOLLOWING RECIPE:

Waffles (Mt. Sinai recipe)

<0.625 inches thick to ensure thorough heating

Containing 1.3 g of milk protein (nonfat dry milk powder—Nestle Carnation)

Cooked in a waffle maker at approximately 500 degrees F for 3 minutes

Dosing: 4 equal portions every 15 minutes

IF YOU ARE ASKED TO BRING IN PIZZA:

Pizza (Amy's Kitchen, Inc.)

Amy's Cheese Pizza

Containing 4.6 g of milk protein

Baked at 425 degrees F for 13 minutes or longer

Dosing: 4 equal portions every 15 minutes

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