



Highland Medical & Dental Park  
114R Highland Avenue  
Salem, MA 01970  
P: (978) 745-3711  
Fax: (978) 745-6208

Danvers Office  
140 Commonwealth Ave, Suite 103  
Danvers, MA 01923  
P: (978) 777-0970  
Fax: (978) 762-8589

Jefferson Office Park  
820 Turnpike Street, Suite 101  
North Andover, MA 01845  
P: (978) 683-6256  
Fax: (978) 687-0003

James A MacLean, MD

Eyal Oren, MD

Cristina Mazzoni Palumbo, MD

Andrew I Ober, MD

Diana Balekian, MD

## Baked Milk Challenge Recipe

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

### Ingredients:

- 1 and  $\frac{1}{4}$  cups flour (or gluten-free flour)
- $\frac{1}{4}$  teaspoon salt
- 1 cup cow's milk
- 2 teaspoons baking powder
- 1 egg (if patient is allergic to egg: use 1 and  $\frac{1}{2}$  teaspoons of Ener-G brand egg replacer or 2 tablespoons of applesauce)
- $\frac{1}{2}$  cup sugar
- 2 tablespoons canola oil
- 1 teaspoon vanilla

### Directions:

1. Preheat oven to 350° F.
2. Line a muffin pan with 6 muffin liners.
3. In one bowl, mix the liquid ingredients (milk, canola oil, vanilla extract, and egg or egg replacer/ applesauce). Set aside.
4. In a separate mixing bowl, mix the dry ingredients (flour, sugar, salt, and baking powder).
5. Add the dry ingredients to the liquid ingredients. Stir until combined. Some small lumps may remain.
6. Divide the batter into the 6 prepared muffin liners. Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top. If you make more than 6 muffins, please note how many muffins you made.
7. Bake for 30 to 35 minutes, or until golden brown and firm to the touch.

Please bring at least 2 muffins with you on the day of the challenge. The patient should be kept off of antihistamines for 5 days prior to the appointment. If the patient is sick or not feeling well on the day of the appointment, please call the office to discuss with one of the nurses.