

Northeast Allergy Asthma and Immunology

Cupcake Recipe for Baked Milk Challenges

- Follow this recipe carefully and use all the batter
- Follow baking time and temperature carefully
- Please bring at least 4 regular size cupcake with you
- Do **not** use jumbo or mini muffin/cupcake pans

Ingredients:

1 cup of 2% milk

2 Tbs of vegetable oil

1 large egg*

*If egg allergic: use 1 and 1/2 teaspoons Ener-G brand Egg Replacer only

1 tsp vanilla extract

1 and 1/4 cups white flour

1/2 cup sugar

2 tsp baking powder

1/4 teaspoon salt

Directions:

1. Preheat oven to 350 degrees F.
2. Line cupcake pan(s) with paper liners.
3. Mix liquid ingredients: milk, canola oil, vanilla extract, egg or egg replacer
4. In a separate bowl mix the dry ingredients, flour, sugar, salt, and baking powder
5. Add the liquid ingredients to the dry ingredients and mix.
6. Pour mixture into pan dividing equally using **all** the batter.

Bake for 30-35 minutes (not less).

Important:

- Bring in fresh-baked cupcakes. Do not freeze or microwave the cupcakes.
- Please bring at least 4 cupcakes for the challenge.
- Do not put frosting/icing on the cupcakes or anything else in the cupcakes.
- You must have your child's Epi-Pen with you for the appointment.
- Stop antihistamines 7 days prior to the challenge.

- Reschedule if your child is sick, wheezing, coughing or on prednisone