



## BAKED EGG CHALLENGE RECIPE

This document has been developed by [ASCIA](http://www.ascia.org.au), the peak professional body of clinical immunology/allergy specialists in Australia and New Zealand. ASCIA information is based on published literature and expert review, is not influenced by commercial organisations and is not intended to replace medical advice. For patient or carer support contact [Allergy & Anaphylaxis Australia](http://www.allergy.org.au) or [Allergy New Zealand](http://www.allergy.org.au).

**CHALLENGE SUBSTANCE:** Muffin (parents required to make)

### Muffin ingredients

- 100 g of room temperature butter or Nuttex margarine (or other milk free margarine if cow's milk allergic)
- 160 g of sugar
- 220 g of sifted self-raising flour (if allergic to wheat, use appropriate flour – e.g. soy, rice)
- 125 ml of milk child is tolerant to (e.g. cow's, soy, rice, etc)
- 2 large (50 g) sized eggs (room temperatures)
- Muffin tray (12 muffins) and muffin cups

### Preparation instructions

1. Pre-heat conventional oven to 180°C (fan forced 165)
2. Mix butter and sugar until creamy
3. Add the two eggs and mix
5. Add flour and milk and combine on low speed
6. Place muffin cups into the tray
7. Distribute batter evenly into each muffin cup
8. Bake for 20 minutes or until slightly golden brown and firm to touch

**Please bring two muffins along on the day of challenge.**

**The challenge will consist of a maximum of one whole muffin.**

ASCIA Food Allergen Challenge Protocols have been developed to standardise protocols used by clinical immunology and allergy specialists in Australia and New Zealand. However, ASCIA takes no responsibility for any adverse outcomes that may occur using these protocols. It is important to note that food challenges:

- Are primarily used to determine if positive food allergy tests are associated with current clinical allergy.
- Should only be undertaken for patients who have been carefully selected by clinical immunology and allergy specialists or appropriately qualified and experienced medical practitioners in consultation with clinical immunology and allergy specialists.
- May provoke an allergic reaction in sensitised individuals and should therefore only be performed under medical supervision with immediate access to emergency treatment for anaphylaxis.

© ASCIA 2023

Content updated 2015

Format updated June 2023

For more information go to [www.allergy.org.au/hp/food-allergy](http://www.allergy.org.au/hp/food-allergy)

To support allergy and immunology research go to [www.allergyimmunology.org.au/donate](http://www.allergyimmunology.org.au/donate)