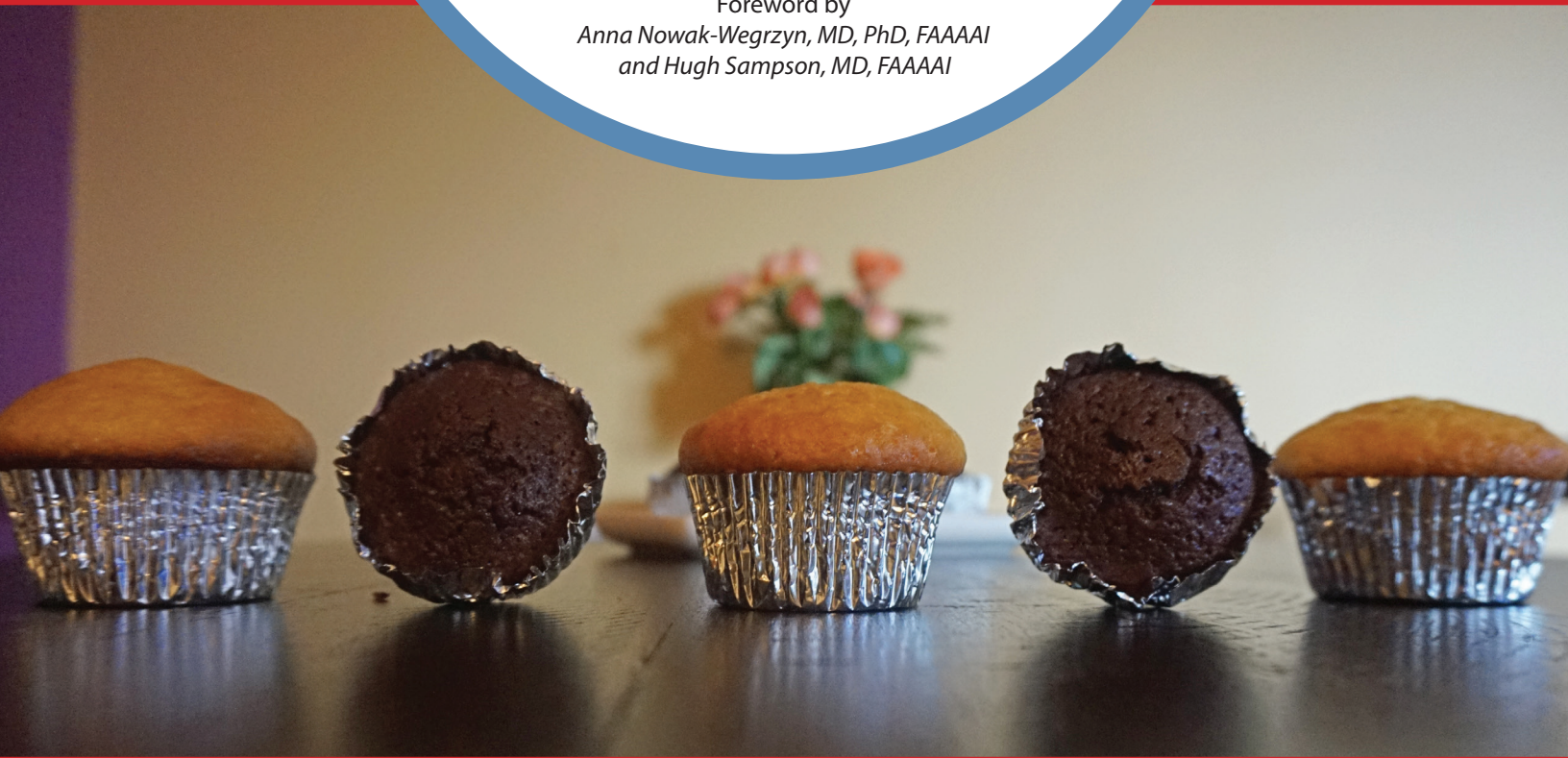


MUFFINS & MORE: A BAKED MILK AND BAKED EGG RECIPE & GUIDEBOOK

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With a very special thanks

To the patients throughout the years who have inspired this book and the American Academy of Allergy, Asthma, and Immunology (AAAAI) for their support in bringing this book to life.

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WE ARE INDANA

The International Network for Diet and Nutrition in Allergy (INDANA) was established in 2009 to unify and promote evidence-based practices for the nutritional management of patients with food hypersensitivity.

INDANA members are involved with two major professional organizations, the American Academy of Allergy, Asthma and Immunology (AAAAI) and the European Academy of Allergy and Clinical Immunology (EAACI). These organizations have welcomed INDANA members as integral partners in the pursuit of science in the field of food allergy.

INDANA members take part in collaborative, multi-professional activities such as education, mentorship, research, protocol development and harmonization of clinical resources and guidelines.

We are grateful for our esteemed international champions, Prof. Dr. Hugh Sampson (US), Prof. Dr. Steve Taylor, PhD (US), Prof. Dr. Gideon Lack (UK) and Prof. Dr. Susan Prescott (AU) for their support throughout the years.

We are also indebted to the founding partners and past chairs of INDANA, Berber Vlieg-Boerstra, RD, PhD, Isabel Skypapa, RD, PhD and Carina Venter, RD, PhD, whose vision to advance the role of diet and nutrition in allergy has led to collaboration within our community and among diverse health care professionals. Together, we are actively narrowing the gap between nutrition & food science and food allergy & immunology. Since 2009, through INDANA, nutrition science and dietitians are much more prominently visible in the field of allergy, of which this book is an example.

INDANA members hail from six continents, all sharing the unifying goal of supporting families managing food allergies. If you are a health care professional, please visit our website and join us! <http://www.indana-allergynetwork.org/>

FOREWORD

Together we have spent over 50 years managing food allergies, and the Baked Milk and Baked Egg Cookbook is literally “the best thing to come along since sliced bread.” In the US, milk and egg are introduced into the infant’s diet very early, typically within the first 4 – 9 months of life, and are two of the most common food allergens we deal with. Prevalence figures vary depending on the study, but overall, milk and egg allergy each affect about 2% of infants and young children. Happily most children will “outgrow” their milk and egg allergy, but until they do, restricting these foods can lead to nutritional deficiencies and a greatly diminished quality of life, especially when we first thought that total elimination was necessary.

In the late 1990’s, laboratory studies analyzing how egg-allergic patients’ IgE (the allergic antibody) bound to ovomucoid (the major allergenic protein in eggs) suggested that children destined to outgrow their egg allergy should be able to tolerate extensively heat-denatured (baked) products.^[1] Our subsequent clinical trials confirmed this hypothesis for both heat-denatured milk and egg,^[2,3] and even suggested that introducing these baked products into the diets of allergic children who tolerated the baked product may accelerate the development of full tolerance to all forms of milk and egg.^[4,5] As allergists, our repertoires of baked milk and baked egg products was largely limited to the plain muffins we used to challenge the children and some cakes and cookies; not exactly the nutritious types of food you want in your child’s diet and interestingly, ones that the children seem to tire of quickly.

Early on we learned that registered dietitians were essential members of our food allergy teams and we turned to them for help. Various centers began developing their own recipes, but now, under the auspices of INDANA and with the help of several expert dietitians from around the world, Allison Schaible, Wendy Elverson, Carina Venter and Marion Groetch have put together an amazing resource for those seeking to provide tasty and safe foods for children who tolerate heat-denatured (baked) milk and egg. The recipes include both sweet and savory muffin options, cakes, breads, pizza crust, as well as gluten-free and store-bought mixes to add variety and to accommodate different tastes and baking abilities. In this beautifully illustrated book, the authors provide precise instructions on how to prepare these baked products, all of which have been tested and tried to assure that they are safe for milk and egg allergic children who can tolerate baked products. The detailed list of ingredients and step-by-step instructions should reassure any caregiver that they can make these tasty foods, whether they are expert or beginner bakers. The amazing pictures of the end-products should make it fun to peruse the book with your child and pick-out the treat that they would like to try next. We will definitely carry a copy of this book in clinic to show parents adding appropriate baked milk and egg products to their child’s diet will no longer be so hard, and even likely fun. No question, this will become the “Julia Child’s Cookbook” for parents and caregivers of milk and egg allergic children as well as for allergic patients themselves. Enjoy! (or Bon appetit!)

Hugh Sampson, MD, FAAAAI and Anna Nowak-Węgrzyn, MD, PhD, FAAAAI

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INTRODUCTION

Cow's milk and hen's egg allergy are two of the more common pediatric food allergies affecting 0.5 to 3.8%^[1] and 0.5 to 2.5%^[2] of children, respectively. Given that milk and egg provide valuable nutrition to a growing child, management strategies that help include these nutritionally and socially important foods are greatly needed. Research indicates that up to 70% of children with IgE (the allergic antibody)-mediated milk or egg allergy will tolerate milk or egg when extensively heated in a matrix such as a baked muffin or cupcake. In addition, incorporating baked milk or baked egg regularly in the diet may accelerate tolerance of unbaked milk or egg ingredients.^[4-7] This can have a significant impact on the child as it can expand the diet, increase intake of important nutrients, and ease common social challenges, such as participating in birthday celebrations or other group activities.

Regular ingestion of baked milk and baked egg can be difficult, and sometimes compliance is a challenge. The amount of protein needs to be specific and the product thoroughly baked in the presence of a wheat or other grain matrix.^[3,8] Typically, this means regular ingestion of muffins or cupcakes. Our own research and clinical experience at the Jaffe Food Allergy Institute at Mount Sinai with baked milk and egg introduction revealed that a subset of patients discontinued ingestion of baked milk or egg due to parental fatigue related to product preparation and/or child fatigue or dislike of baked items.

It is understandable for caregivers to request a variety of recipes in hopes of alleviating their child's boredom, and addressing their taste preferences or desire for something different. Given that recipes must be standardized, doses are milk-dose or egg-dose specific and products must be properly baked,^[1] parents can find the inclusion of baked milk and egg challenging and frustrating rather than liberating.

In an effort to help eliminate the obstacles of including baked milk and egg in the diet, we have created a baked milk and baked egg cookbook. All recipes in this cookbook have been developed and tested by members of the AAAAI (American Academy of Allergy, Asthma and Immunology) Allied Health group, INDANA (International Network of Diet and Nutrition in Allergy). The cookbook includes recipes with typical doses of milk and egg protein (1.33g and 2 g per serving) while also offering additional lower dose and other non-standard recipes. Recipes meet the needs of children of varying tastes from sweet to savory and textures from muffins to rolls, breads, crackers and more. In addition, recipes include photographs of the baked goods (inside and out) to help decrease baking errors and consumption of undercooked product.

Children with milk and/or egg allergies and their parents already face many daily challenges when it comes to food choice, variety and safety. We hope this cookbook will serve to empower parents and children by giving them many safe options, something that they often cannot attain because of their food allergies. This cookbook, available to INDANA members and health care providers worldwide, provides expert guidance, tasty, and even nutritious baked-goods to include baked milk and egg in the diet.

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BASIC GUIDELINES FOR USING THIS BOOK

USE THESE RECIPES ONLY AFTER YOUR CHILD HAS BEEN ADVISED BY YOUR DOCTOR TO INCLUDE BAKED EGG AND/OR BAKED MILK IN THEIR DIET AT HOME.

Recipes throughout this book contain varying amounts of egg or milk protein per serving:

Recipes in the **Standard Creations** section of this book:

- Contain approximately 2 g of egg protein or 1.33 g of milk protein per serving
- Contain at least 1 cup of flour (wheat or wheat alternative) per 2 eggs or 1 cup of milk
- Are baked at 350 F (180 C) or higher for at least 25 minutes or at least 20 minutes at 400F (200C) degrees

**These are the recipe criteria that were used in clinical research trials and are commonly used in testing for tolerance to baked milk or baked egg during an oral food challenge.*

This cookbook also contains **non-standard** recipes:

- The **Non-Standard Creations- Less Protein** section contains non- standard recipes with less than 2 g egg protein or 1.33 g of milk protein per serving. Recipes in this section are safe for those tolerating **the Standard Creations** recipes and can add some additional variety to the baked milk or egg diet.
- The **Non-Standard Creations (Ask Your Healthcare Provider First!)** section includes recipes with less than 1 cup of flour per 2 eggs or 1 cup of milk or they are not baked at 350/400F (180/200C) for at least 25/20 minutes respectively. The **Non-Standard Creations- Ask Your Healthcare Provider First!** section may provide additional diversity to the baked milk or egg diet but might cause allergic symptoms in the most sensitive patients due to the subtle changes in the baking temperature, time and food matrix. Therefore, these recipes should be reviewed with a health care provider prior to use.

A FEW FINAL NOTES:

- The recipes in this book contain varying yields, serving sizes and protein amounts. When choosing recipes, please ensure that you are giving your child recommended amounts of egg or milk protein per serving as guided by their health care team.
- Remember to read each product label every time an item is purchased because ingredients, nutrition content and precautionary allergen labeling can change at any time.
- While using this book, please note the yield amount of each recipe. If you get a different yield than expected, this will change the amount of milk or egg protein per serving.
- We do not promote any specific ingredient brands. Occasionally a brand is identified in a recipe as it contains the desired protein content of the ingredient. Protein content may vary among brands.
- This cookbook is for educational purposes only. For specific medical advice, diagnoses, and treatment, talk to your health care provider.
- Some recipes include both milk and egg ingredient options. Alternative ingredient options are offered. Use only those ingredients approved by your physician. If you are not sure whether an ingredient is safe, do not use it.

BAKING SAFETY

GUIDELINES:

- Wash your hands before cooking or preparing food.
- Make sure all cooking equipment (utensils, counters, cutting boards) is clean. Allergens can be removed by washing baking and cooking equipment in hot, soapy water.
- Ensure ingredient labels are carefully read and do not contain any allergen you/your child are avoiding.
- If you choose a recipe with **nonfat dry milk powder** and do not have a gram scale to weigh the nonfat milk powder, please refer to page 11 to learn how to determine the volume of nonfat dry milk powder needed.



UNDERCOOKED BAKED FOODS MAY NOT BE TOLERATED. TO ENSURE PRODUCTS ARE PROPERLY BAKED:

- Use **recommended cooking times** throughout this book as a guide, realizing that your oven may take a bit longer or shorter to produce a thoroughly cooked item.
- **Test your baked products** by inserting a toothpick in the center and making sure it comes out clean.
- **Cut into one of the baked products** before serving to ensure they cooked thoroughly. Unbaked parts can lead to allergic reactions.
- **Do NOT use baked goods that are soggy, gummy, runny or undercooked** in the center. See example below.



UNDER-BAKED MUFFIN:

Has a soggy or gummy looking middle



WELL BAKED MUFFIN:

Has a dry crumb, and is not soggy or gummy looking in the middle



BAKED MILK SAFETY

Continue to avoid un-baked milk and larger amounts of baked milk unless otherwise advised by your allergist. For store bought baked products, milk must be the third ingredient or further down on the ingredient list to be considered safe to consume.

If you are unsure if a product or food has an un-baked milk ingredient, avoid it.

Continue to **AVOID** the following products containing milk:

- Baked products with milk listed as the first or second ingredient on the ingredient list
- Products that may have a milk ingredient that has not been baked such as a milk ingredient containing frosting on a cookie or cupcake or a cheese flavoring on a cracker that may not have been baked (e.g., flavorings may be applied topically or sprayed on after the product is baked, such as “flavor blasted” goldfish®, Pirate’s Booty®, Cheetos®, etc.)
- Chocolate chips containing milk as an ingredient. These will melt during baking but not “bake in the grain matrix”. Please continue to use milk-free chocolate chips.
- Cake decorations, frostings, or fillings with a milk ingredient
- French toast, pancakes, homemade waffles
- Cooked milk products that are not baked such as puddings
- Fried foods containing milk in the batter (i.e. Southern fried chicken)

BAKED EGG SAFETY

Continue to avoid un-baked egg and larger amounts of baked egg unless otherwise advised by your allergist. For store bought baked products, egg must be the third ingredient or further down on the ingredient list to be considered safe to consume.

If you are unsure if a product or food has an un-baked egg ingredient, avoid it.

Continue to **AVOID** the following products containing egg:

- Baked products with egg listed as the first or second ingredient on the ingredient list
- Mayonnaise
- Custard
- Ice cream containing egg ingredients
- French toast, pancakes, homemade waffles
- Meringue
- Cake decorations, frostings, or fillings containing eggs
- Quiche
- Egg noodles
- Sauces or salad dressings containing egg ingredients
- Eggs cooked in any form such as scrambled, poached, boiled
- Egg glaze on top of breads (this may not be fully baked or fully incorporated into the baked grain matrix)
- Fried foods containing egg in the batter
- Marshmallow fluff
- Mousse

BAKING TIPS



BAKING WITHOUT EGGS

If avoiding egg, use any of the following ingredients to substitute for 1 egg when baking:

- 1 teaspoon baking powder, 1 tablespoon water, 1 tablespoon vinegar
- 1 teaspoon yeast dissolved in $\frac{1}{4}$ cup warm water
- 1-2 tablespoons apricot puree
- 1 and $\frac{1}{2}$ tablespoons water, 1 and $\frac{1}{2}$ tablespoons oil, 1 teaspoon baking powder
- 1 packet gelatin, 2 tablespoons warm water (do not mix until ready to use)
- 1 tablespoon flax or chia seed, 3 tablespoons warm water, mix and allow to sit for 5 minutes until a gel forms
- Commercial Egg-replacer (follow directions on box)- typically potato-based

BAKING WITHOUT WHEAT

The wheat-free recipes in this cookbook use a variety of flours such as white and brown rice flours and different grain blends.

The following blends may also serve as (1:1) all-purpose gluten-free flour substitutes when baking

- **All-purpose flour:** $\frac{1}{2}$ cup rice flour, $\frac{1}{4}$ cup tapioca flour/starch, $\frac{1}{4}$ potato starch or cornstarch
- **High-fiber flour:** 1 cup sorghum or brown rice flour, $\frac{1}{2}$ cup light teff flour, $\frac{1}{2}$ cup Montina or millet flour, $\frac{2}{3}$ cup tapioca flour/starch, $\frac{1}{3}$ cup potato starch or cornstarch

EQUIPMENT & MEASURING

Recipes in this book require a variety of kitchen tools.

EQUIPMENT REQUIRED FOR MOST RECIPES

- Mixing bowls
- Baking pans including muffin pans
- Spatulas
- Measuring cups (liquid and dry), measuring spoons

SPECIAL EQUIPMENT REQUIRED FOR SELECT RECIPES

- Bread maker
- Blender
- Kitchen scale (measurements in grams)
- Skillet or frying pan

MEASURING AND WEIGHING INGREDIENTS

All ingredients in this book, with the exception of nonfat dry milk powder (see page 11), are noted in weight (in grams) and volume (in teaspoons, tablespoons and cups). A scale or measuring cups/spoons can then be used to weigh or measure ingredients.

MEASURING LIQUID INGREDIENTS

When measuring larger volumes, use a clear, plastic or glass, measuring cup

- Place the measuring cup on a flat surface and pour the liquid into the cup. View at eye level to ensure the bottom of the liquid surface is in line with the appropriate measuring line.
- For smaller volumes such as a teaspoon or tablespoon, a dry measuring spoon should be used.

MEASURING DRY INGREDIENTS

Spoon your ingredient into the appropriate dry measuring cup or spoon until it forms a heap above the rim. Using the flat edge of a knife, scrape the excess off to level the measurement.



COMMON MEASUREMENT CONVERSIONS

US MEASUREMENT VOLUME CONVERSIONS

Dash or pinch = less than $\frac{1}{4}$ teaspoon

1 tablespoon = 3 teaspoons

2 tablespoons = 1 fl. oz.

4 tablespoons = $\frac{1}{4}$ cup = 2 fl. oz.

16 tablespoons = 1 cup = 8 fl. oz.

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

REMEMBER WEIGHT DOES NOT EQUAL VOLUME

EXAMPLE:

1 cup or 237 ml all-purpose flour = 4.4 oz. = 125 g

1 cup of honey is 8 fl. oz. = 12 oz. = 339 g

IMPERIAL VS METRIC CONVERSIONS

WEIGHT:

1 ounce = 28 grams

1 pound = 500 grams

2.2 pounds = 1 kg

VOLUME:

1 teaspoon = 5 ml

1 tablespoon = 15 ml

1 cup is approximately $\frac{1}{4}$ liter

1 quart is approximately 1 liter

MEASURING DRY MILK WITHOUT A GRAM SCALE

Recipes in this book require a variety of kitchen tools.

USING NONFAT DRY MILK POWDER BUT DON'T HAVE A GRAM SCALE? NO PROBLEM.

The amount of nonfat dry milk powder in the recipes provided is written in weight (grams). This is because the volume needed will vary from brand to brand.

There are 2 ways to measure the milk powder

- Weight on a scale in grams
- Volume in Tablespoons or cups

The recipes in this book generally contain 23 g of nonfat dry milk powder (8 g cow's milk protein) per 6 servings. Some products list 24 g and some 23 g. Either is fine, and this won't make a significant difference in the milk protein per serving of baked good.

If you do not have a gram scale at home, or prefer to use measuring cups and spoons, check the label on your product to see how much nonfat dry milk powder you need. See examples below:

EXAMPLE LABEL A

23 g = ¼ cup powder

Nutrition Facts	
12 servings per container	
Serving size	1/4 Cup (23g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

EXAMPLE LABEL B

24 g = 3 Tablespoons powder

Nutrition Facts	
26 servings per container	
Serving size	3 Tbsp (24g)
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

EXAMPLE LABEL C

23 g = ½ cup powder

Nutrition Facts	
87 servings per container	
Serving size	1/3 Cup (23g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FREQUENTLY ASKED QUESTIONS

Can I freeze baked products?

Yes, you may bake muffins and bread in advance and freeze for up to 3 months in a standard freezer and 6 months in a deep freezer. To defrost muffins, bread slices, or rolls, remove from the freezer and store in the refrigerator or at room temperature for 12-24 hours in advance. Alternatively defrost or warm items in microwave.

My child passed a baked milk and baked egg challenge. Can I use both egg and milk in the same recipe?

If you have passed both a baked milk and baked egg challenge then you can use these ingredients in the same recipe unless otherwise instructed by your physician.

Do I need to use a specific type of cow's milk i.e. whole, 2%, 1%, or fat-free?

Feel free to use either whole fat, reduced fat, low-fat, or fat-free. Do not use protein-enriched milk as this would provide more cow's milk protein than recommended per serving in the recipe. Milk used in these recipes should contain 8 grams protein per 8 fluid ounce (240 ml or 1 cup) serving.

Is it ok if I use medium or extra-large eggs instead of large?

If you use a medium egg the final baked good will contain slightly less egg protein. If you use an extra-large egg the final baked good will contain slightly more egg protein. Check with your healthcare provider before using extra-large or jumbo eggs as the slight increase in protein could be problematic for sensitive individuals.

Can I just use commercial products with milk or egg as the 3rd or later ingredient instead of baking at home?

We do not know the exact amount of milk and egg protein in these products, but generally, it is low. If your doctor has recommended aiming to eat a certain amount of baked milk or baked egg protein daily, we recommend baking at home.

What is a PAL (precautionary allergen label)? Can I use a boxed mix that contains a PAL?

A precautionary allergen label is a voluntary, non-standardized label used by companies to communicate the potential risk of unintentional allergenic ingredients. Common PAL statements include: "may contain...", "made in a facility that processes...", and "made on shared equipment with..." All of these statements carry a similar risk. Most of the boxed mixes in this cookbook contain a PAL. Read the product label each time you purchase a packaged product and/or refer to the product website for more information. If you are uncertain about the safety of any ingredient, consult your health care provider before using the boxed mixes recommended in these recipes.

What is a plant-based beverage?

A plant-based beverage is commonly referred to as a plant-based "milk". These beverages are manufactured by extracting plant material, such as seeds, legumes or grain, in water. Generally plant-based beverages come sweetened or unsweetened and some but not all are fortified with vitamins and minerals like calcium and vitamin D. Fat, protein, caloric content and viscosity of plant-based beverages vary. Examples of plant-based beverages include soy "milk", pea "milk", rice "milk" and coconut "milk".

Do I need to use a specific type of plant-based, milk-free margarine?

Use only brands with tolerated ingredients. Avoid low-fat, plant based margarine, which contain excess water and will result in a soggy, unsafe product.

What are self rising (wheat) flour and self raising wheat flour?

Self rising (wheat) flour and self raising flour are different. If you do not have the respective flour for your recipe you may use the substitutions below:

- Self Rising Flour: 1 cup = 1 cup all-purpose (wheat) flour + 1 1/2 teaspoons baking powder + 1/2 teaspoon salt.
- Self Raising (Wheat) Flour: 1 cup = 1 cup all-purpose (wheat) flour + 2 teaspoons baking powder

RECIPES

STANDARD CREATIONS

These "standard" recipes contain approximately 2 g egg protein per serving or 1.33 g milk protein per serving, at least 1 cup of flour per 6 servings and baked at least 350 degrees F (180 degrees C) for at least 25 minutes or 400 degrees F (204 degrees C) for at least 20 minutes.

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These recipes contain less than 1 cup of flour per 6 servings or are not baked at 350 degrees F (180 C) for at least 25 minutes or 400 degrees (205 C) for 20 minutes. Speak with your health care provider before using these recipes. See page 5 for more information

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STANDARD CREATIONS
BAKED EGG RECIPES
MUFFINS & PANCAKES

BASIC BAKED EGG MUFFINS

Recipe Developed by:
Marion Groetch, MS, RDN &
Allison Schaible, MS, RDN

Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or a safe plant-based, milk-free margarine.
- 3 In a small mixing bowl, stir together the wet ingredients until well combined (canola oil, vanilla extract, egg, and rice- based beverage or other plant-based beverage or milk). Set aside.
- 4 In a separate mixing bowl, mix together the dry ingredients (flour, sugar, salt, baking powder)
- 5 Add wet ingredients to dry ingredients all at once and gently stir with a large spoon (about 15-20 light strokes) until wet and dry ingredients are combined. Do not overstir. Some small lumps may remain.
- 6 Divide the batter into the 6 prepared muffin liners*
- 7 Bake 30 to 35 minutes or until golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top.

INGREDIENTS

DRY INGREDIENTS

- 1 cup (125 g) all-purpose flour (wheat)
- ½ cup (100 g) sugar
- ¼ teaspoon (1.5 g) salt
- 1 teaspoon (5 g) baking powder

WET INGREDIENTS

- 2 tablespoons (30 ml) canola oil (May use other tolerated vegetable oil)
- ½ teaspoon (2.5 ml) vanilla extract
- 2 large eggs (100 g), beaten
- ½ cup (120 ml) rice-based beverage (May use other tolerated plant-based beverage. May use milk if not allergic to cow's milk.)

Use only tolerated ingredients or ingredients approved by your physician.

CORN AND ONION MUFFINS

Recipe Developed by:
Allison Schaible, MS, RDN adapted from
recipe by Chef Diego Baraona

Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

INGREDIENTS

DRY INGREDIENTS

1 cup (125 g) all-purpose flour (wheat)

¼ teaspoon (1.5 g) salt

1 teaspoon (5 g) baking powder

WET INGREDIENTS

2 large eggs (100 g)

¾ cup (125 g) cooked corn (can or frozen)

2 tablespoons (20 g) chopped onion

½ cup (120 ml) water

¼ cup (60 ml) vegetable oil, such as canola

1 teaspoon (5 ml) olive oil

½ teaspoon (2.5 ml) vanilla extract

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large mixing bowl, mix together dry ingredients (flour, salt, baking powder). Set aside.
- 4 Heat a skillet to medium heat and add 1 teaspoon of olive oil
- 5 Add the onions and sauté the onions in the skillet for 5-6 minutes stirring occasionally
- 6 Add the corn and cook for another 5 minutes
- 7 Puree corn and onion mix in a blender with ½ cup of water. You should end up with about ¾ cup of the corn and onion mixed puree.
- 8 In a separate bowl, combine the remaining wet ingredients (eggs, corn/onion/water puree, vegetable oil and vanilla extract).
- 9 Gradually add the wet ingredients to the dry ingredients folding with a spatula. Do not overstir. Some small lumps may remain.
- 10 Batter should be sticky
- 11 Divide the batter into the 6 prepared muffin liners*
- 12 Bake for 30-35 minutes or until golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 13 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top.

Use only tolerated ingredients or ingredients approved by your physician.

PUMPKIN MAPLE MUFFINS

Recipe Developed by:
Marion Groetch, MS, RDN adapted from
recipe by Chef Diego Baraona

Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

INGREDIENTS

DRY INGREDIENTS

1 cup (125 g) all-purpose flour (wheat)

¼ teaspoon (1.5 g) salt

1 teaspoon (5 g) baking powder

½ teaspoon (1.5 g) of cinnamon

WET INGREDIENTS

2 large eggs (100 g)

⅓ cup (80 ml) maple syrup

½ teaspoon (2.5 ml) vanilla

½ cup (120 g) pumpkin puree

¼ cup (60 ml) water or cow's milk (may use milk if not allergic to cow's milk)

¼ cup (60 ml) canola oil (may use other tolerated vegetable oil)

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine
- 3 In a large mixing bowl, measure and mix together all dry ingredients (flour, salt, baking powder and cinnamon)
- 4 In a separate bowl, measure and mix thoroughly all wet ingredients (eggs, maple syrup, vanilla, pumpkin puree, water or milk and canola oil)
- 5 Add the wet ingredients to the dry ingredients and stir until combined (about 12-20 strokes). Do not over-stir. Some small lumps may remain.
- 6 Divide the batter into the 6 prepared muffin liners*
- 7 Bake for 35 to 40 minutes or until golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top.

Use only tolerated ingredients or ingredients approved by your physician.



BAKED EGG BANANA MUFFINS

Recipe Developed by:
Merryn Netting, BSc, BND, PhD, Adv APD

Yields: 9 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 9 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large bowl sift together dry ingredients (flours, baking powder, salt, cinnamon, nutmeg and brown sugar)
- 4 In a separate bowl mix together wet ingredients (bananas, eggs, canola oil and milk or plant-based beverage)
- 5 Fold wet ingredients into dry ingredients and stir well to combine. Do not overstir. Some small lumps may remain.
- 6 Divide mixture evenly among the 9 muffins tins
- 7 Bake for 25 minutes or until golden brown and firm to the touch. Use toothpick to test, toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

INGREDIENTS

DRY INGREDIENTS

- 1 cup (125 g) self-rising flour (wheat)
- ½ cup (60 g) white whole wheat flour
May use all-purpose flour (wheat) instead
- ¾ teaspoon (3.5 g) baking powder
- ¼ teaspoon (1.5 g) salt
- ½ teaspoon (1.5 g) cinnamon
- ⅛ teaspoon (0.5 g) nutmeg (freshly grated if possible)
- ½ cup (75 g) brown sugar, unpacked

WET INGREDIENTS

- 2 large overripe bananas (235g), fork mashed or blended using a mixer
- 3 large eggs (150 g)
- ⅓ cup (75 ml) canola oil
- ¼ cup (60 ml) tolerated plant-based beverage or cow's milk. (May use milk if not allergic to cow's milk)

Use only tolerated ingredients or ingredients approved by your physician.



ZUCCHINI MUFFINS

Recipe Developed by:
*Allison Schaible, MS, RDN adapted from
recipe by Chef Diego Baraona*

Yields: 9 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 9 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large mixing bowl, mix together dry ingredients (flour, salt, baking powder, sugar, cinnamon and nutmeg)
- 4 Heat a skillet to medium heat and add 1 teaspoon of olive oil. Add zucchini to skillet and sauté for 5 minutes. Add a dash of salt.
- 5 Puree sautéed zucchini in a blender with a 1/2 cup of water
- 6 In a separate bowl, combine the remaining wet ingredients (eggs, vegetable oil, zucchini puree, and vanilla extract)
- 7 Gradually stir the wet ingredients to the dry ingredients until batter is smooth and just combined. Do not overstir. Some small lumps may remain.
- 8 Pour batter evenly into 9 muffin cups. Bake muffins for 30 minutes. Muffins should look golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 9 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

INGREDIENTS

DRY INGREDIENTS

1½ cups (190 g) all-purpose flour (wheat)

¼ teaspoon (1.5 g) salt

1½ teaspoons (7 g) baking powder

⅓ cup (70 g) sugar

1 teaspoon (3 g) cinnamon

¼ teaspoon (1 g) ground nutmeg

WET INGREDIENTS

3 large eggs (150 g)

½ cup (120 ml) water

¼ cup (60 ml) vegetable oil, such as canola oil

¾ cup (110 g) chopped fresh zucchini

1 teaspoon (5 ml) vanilla extract

1 teaspoon (5 ml) olive oil

Nutrition Bite

Each muffin contains
less than 2 teaspoons
of sugars!

*Use only tolerated ingredients or ingredients
approved by your physician.*



BACON MUFFINS

Recipe Developed by:
Allison Schaible, MS, RDN adapted from
recipe by Chef Diego Baraona

Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a bowl, mix together the dry ingredients except for the bacon (flour, oats, baking powder and salt)
- 4 In a separate mixing bowl, whisk together the wet ingredients (eggs, applesauce, maple syrup and water). Add to flour mix. Gently stir with a spatula in a circular motion. Do not over-stir. Some small lumps may remain.
- 5 Add bacon. Pour batter evenly into 6 muffin cups. Batter will fill muffin cups about half way full.
- 6 Bake for 30 minutes or until golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 7 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

INGREDIENTS

DRY INGREDIENTS

$\frac{3}{4}$ cup (95 g) all-purpose flour (wheat)

$\frac{1}{4}$ cup (20 g) rolled oats

1 teaspoon (5 g) baking powder

$\frac{1}{4}$ teaspoon (1.5 g) salt

$\frac{1}{4}$ cup (20 g) finely-chopped crispy
bacon (about 4 strips cooked)

WET INGREDIENTS

2 large eggs (100 g)

2 tablespoons (30 g) unsweetened
applesauce

2 tablespoons (30 ml) maple syrup

$\frac{1}{4}$ cup (60 ml) water

*Use only tolerated ingredients or ingredients
approved by your physician.*

50% WHOLE WHEAT MUFFINS

Recipe Developed by:
Allison Schaible, MS, RDN



Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a small bowl, stir together the wet ingredients (canola oil, vanilla extract, eggs, and plant-based beverage or cow's milk) until well combined. Set aside.
- 4 In a separate mixing bowl, mix together the dry ingredients (flours, sugar, salt and baking powder)
- 5 Add wet ingredients to dry ingredients all at once and gently stir with a large spoon (about 15-20 light strokes) until wet and dry ingredients are combined. Do not overstir. Some small lumps may remain.
- 6 Divide the batter into the 6 prepared muffin liners*
- 7 Bake 30 to 35 minutes or until golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6-Baking Safety)
- 8 Let the muffins cool for 5 minutes in the muffin tin and then transfer each to a wire rack. Cool completely before serving.

NOTE: *Depending on the size of your muffin tin, muffin cups will be filled about $\frac{2}{3}$ full.

INGREDIENTS

DRY INGREDIENTS

$\frac{1}{2}$ cup (65 g) all-purpose flour (wheat)

$\frac{1}{2}$ cup (60 g) 100% whole-wheat flour

$\frac{1}{4}$ cup (50 g) sugar

$\frac{1}{4}$ teaspoon (1.5 g) salt

1 teaspoon (5 g) baking powder

WET INGREDIENTS

2 tablespoons (30 ml) canola oil or other tolerated vegetable oil

$\frac{1}{2}$ teaspoon (2.5 ml) vanilla extract

2 large eggs, (100 g) beaten

$\frac{1}{2}$ cup (120 ml) plant-based beverage or cow's milk (May use milk if not allergic to cow's milk)

Use only tolerated ingredients or ingredients approved by your physician.



BOXED MIX: CORN MUFFINS

Recipe adapted from:
Jiffy® Corn Muffin mix

Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

DIRECTIONS

- 1 Preheat oven to 400° F (200° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 400° F (200° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 Blend ingredients in a large mixing bowl. Do not overstir. Some lumps may remain. Let batter rest for 3-4 minutes.
- 4 Pour batter evenly into muffin cups and bake 20 minutes or until golden brown and firm to touch. Insert a toothpick to test. (See page 6 -baking safety).
- 5 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Do not use a boxed mix if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12.

INGREDIENTS

*Use the following in place
of the box instructions:*

1 package Jiffy® Corn Muffin Mix®*

2 large eggs (100g)

1 tablespoon (15 ml) of plant-based
beverage or cow's milk (May use milk if
not allergic to cow's milk)

*Use only tolerated ingredients or ingredients
approved by your physician.*

BAKED EGG PANCAKES

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN



Yields: 6 Large Square Pancakes

Serving Size: 1 Pancake

Egg Protein per Serving, 2g

PANCAKE DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake pancakes only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Grease a 9 x 13 rectangular pan with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine. Line the pan with parchment paper and grease the parchment paper with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a medium bowl mix together the dry ingredients(sugar, flours, baking powder and salt)
- 4 In a large bowl whisk together the wet ingredients (plant-based beverage or milk, eggs, vanilla and canola oil or melted butter)
- 5 Fold the dry ingredients into the wet ingredients and stir until combined. Do not overstir. Some small lumps may remain.
- 6 Pour the batter into the pan and then bake for 25 to 30 minutes until firm to the touch. Use toothpick to test, toothpick should come out clean after insertion. Let cool for 5 minutes and then divide into six equal pieces. (See page 6 -baking safety).
- 7 Serve with maple syrup or fresh fruit or raspberry sauce (see recipe below)

RASPBERRY SAUCE DIRECTIONS

- 1 Pour ½ to ¾ of a 12 oz (340 g) bag of frozen raspberries in a microwave safe bowl
- 2 Heat on high in the microwave for 1 minute, stir and then heat for an additional minute
- 3 Add one to two teaspoons (5-10 ml) of maple syrup and stir. Add one squeeze of lemon juice (optional).
- 4 Serve warm on top of pancakes

INGREDIENTS

DRY INGREDIENTS

2 tablespoons (25 g) sugar

1 cup plus ½ cup (165 g) all-purpose flour (wheat)

¾ cup (80 g) white whole wheat flour (or all-purpose flour)

1 tablespoon (15 g) baking powder

½ teaspoon (3 g) salt

WET INGREDIENTS

1 cup plus ½ cup (360 ml) tolerated plant- based beverage or cow's milk. (May use milk if not allergic to cow's milk)

2 tablespoons (30 ml) of canola oil or melted cow's milk butter (May use butter if not allergic to cow's milk)

2 large eggs (100 g)

1 teaspoon (5 ml) vanilla extract



Use only tolerated ingredients or ingredients approved by your physician.

A close-up photograph of a stack of sliced bread, likely a loaf of white bread, resting on a metal tray. The bread is cut into thick, uniform slices, showing a soft, porous interior and a golden-brown crust. The background is a kitchen counter with various items like a metal cup and a coffee maker, slightly out of focus. A large, white circular graphic with a teal border is overlaid on the bottom half of the image, containing text.

STANDARD CREATIONS
BAKED EGG RECIPES
BREADS



BRIOCHE

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 1 loaf, approximately 30 ounces

Serving Size: 1/9th loaf (95 g)

Egg Protein per Serving, 2g

!!! Requires Bread Machine

DIRECTIONS

- 1 Place ingredients in bread maker according to your machines instructions. DO NOT use a delay timer for this recipe given that it contains raw egg.
- 2 Set bread machine to basic white bread setting using light or medium crust setting
- 3 Once bread maker is finished, remove and cool completely on a wire rack. Once cooled, weigh the full loaf.
- 4 Divide weight by nine, and this value will be amount of one serving of bread. Alternatively, if you do not have a kitchen scale, cut the bread into nine equal size pieces.

INGREDIENTS

DRY INGREDIENTS

3/4 teaspoon (4.5 g) salt

3 cups (360 g) bread flour (wheat)

2 tablespoons (25 g) sugar

1 1/2 teaspoons (6 g) active dry yeast

WET INGREDIENTS

3 large eggs (150 g)

1/2 cup (110 g) allowed plant-based, milk-free margarine or butter (May use butter if not allergic to cow's milk)

1/3 cup (80 ml) unsweetened tolerated plant-based beverage or cow's milk (at 70°F/20°C) (May use milk if not allergic to cow's milk)

3 tablespoons (45 ml) water (at 70-80° F)

Use only tolerated ingredients or ingredients approved by your physician.

EGG BREAD

Recipe Developed by:
Marion Groetch, MS, RDN &
Allison Schaible, MS, RDN

Yields: 1 Loaf
Serving Size: 1/6 Loaf

Egg Protein per Serving, 2g from whole eggs + 0.8g from egg yolks ***



DIRECTIONS

- 1 In a large bowl, dissolve yeast in water. Stir in the yolks, eggs, oil, sugar, and salt. Add about 1 and 3/4 cups of flour to make a sticky dough.
- 2 Turn dough out onto a lightly floured surface. Knead with remaining flour (about 1/2 cup, if dough is too sticky, slightly more flour can be added) until smooth and elastic, about 7 minutes. Add flour to hands to help prevent sticking.
- 3 Place in a well-oiled bowl, and turn to oil the entire surface of the dough. Cover with a damp cloth. Place in a warm place until double in size, about 1 1/2 hours.
- 4 Punch down the dough, and divide into 3 pieces. Roll each piece into a rope about 12 inches long.
- 5 Braid the three ropes together, and seal the ends. Start by pinching the three ends together. Make a braid by laying the first piece over the middle piece followed by laying the third piece over the middle piece. Alternating ropes until the end of the bread. Pinch ends together when finished. Place the bread on a greased cookie sheet. Mix a tablespoon of plant based beverage or milk with a little salt and brush onto bread ropes.
- 6 Let the bread rise until doubled, about 45 minutes
- 7 Preheat the oven to 375° F (190° C). This step may take 30-45 minutes. Bake bread only in an oven that is completely preheated to 375° F (190° C).
- 8 Once the bread has risen, brush again with the plant based beverage or milk and salt mixture.
- 9 Bake for 30-35 minutes, or until golden. Cool on a wire rack.
- 10 Once cooked, weigh the full loaf. Divide the weight by 6. This value will be the amount of one serving of bread. Alternatively, if you do not have a kitchen scale, cut the bread into 6 equal size pieces.

NOTES: *For added sweetness, up to 1/4 cup (50 g) of sugar can be used. **For a larger loaf, recipe can be doubled and serving size can be adjusted to 1/2 loaf. ***Although this recipe contains additional protein from egg yolks, serving size is based on whole egg protein, which contains the more allergenic egg white portion of the egg.

INGREDIENTS

DRY INGREDIENTS

1 (.25 ounce) package active dry yeast (7g)

1/8 cup* (25 g) white sugar

1/2 teaspoon (3 g) salt

2 1/4 cups (280 g) all-purpose flour (wheat)

1 pinch salt

WET INGREDIENTS

1/4 cup (60 ml) warm water (110° F/45° C)

2 large egg yolks (35 g)

2 large eggs (100 g), room temperature

1/4 cup (60 ml) vegetable oil

1 tablespoon (15 ml) tolerated plant-based beverage or cow's milk (May use milk if not allergic to cow's milk)

Use only tolerated ingredients or ingredients approved by your physician.

A close-up photograph of several golden-brown, round muffins with a cracked top, resting in a woven basket lined with a light green, textured cloth. The muffins are arranged in a cluster, with some in the foreground and others slightly behind. The lighting is soft, highlighting the texture of the muffins and the cloth.

STANDARD CREATIONS
BAKED EGG RECIPES
WHEAT-FREE MUFFINS



GLUTEN-FREE PUMPKIN MUFFINS

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

!!! Requires Mixer (Stand or Hand Held)

DIRECTIONS

- 1 Preheat oven to 375° F (190° C). This step may take 30-45 minutes. Bake muffins only in an oven that is completely preheated to 375° F (190° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a bowl whisk together the dry ingredients except for the brown sugar (gluten-free flour, cinnamon, baking soda, nutmeg and salt). Set aside.
- 4 In a large bowl using a mixer, whisk together pumpkin and brown sugar on medium high speed. Add eggs, one at a time, and mix until eggs are fully incorporated. Do not overstir. Some small lumps may remain.
- 5 Using a low speed on the mixer, slowly drizzle in oil, and mix until fully blended
- 6 Using the lowest speed of the mixer, gradually add $\frac{3}{4}$ of the flour mixture, then add the plant-based, milk-free yogurt or yogurt and then the remaining flour. Mix until ingredients are fully incorporated, but it is OK if there are some lumps.
- 7 Divide the batter evenly between the 6 lined muffin cups
- 8 Bake for 25 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 9 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTES: *Do not use flour blend if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12.

This recipe has been tested with the below gluten-free flours:

- 1 cup (120 g) Trader Joe's® gluten free all-purpose flour plus $\frac{1}{4}$ teaspoon (1 g) xanthan gum
- 1 cup (124 g) King Arthur® Gluten-Free Measure for Measure flour

INGREDIENTS

DRY INGREDIENTS

1 cup (120 g) gluten-free flour*
If gluten-free flour mix does not contain xanthan gum, add $\frac{1}{4}$ tsp (1 g) xanthan gum

$\frac{3}{4}$ teaspoon (2 g) cinnamon

$\frac{3}{4}$ teaspoon (4 g) baking soda

$\frac{1}{4}$ teaspoon (1 g) ground nutmeg,
freshly ground or grated if available

$\frac{1}{4}$ teaspoon (1.5 g) salt

$\frac{1}{2}$ cup (75 g) brown sugar, unpacked

WET INGREDIENTS

$\frac{2}{3}$ cup (160 g) canned pureed pumpkin

2 large eggs (100 g)

$\frac{1}{3}$ cup (75 ml) canola oil

1 tablespoon plus 1 teaspoon (20 ml) tolerated plant-based, milk-free yogurt or whole cow's milk plain yogurt (May use cow's milk yogurt if not allergic to milk)

Use only tolerated ingredients or ingredients approved by your physician.



GLUTEN-FREE ZUCCHINI MUFFINS

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is completely preheated to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large bowl beat together eggs, brown sugar, canola oil and vanilla until smooth. Set aside.
- 4 In a separate bowl mix together flour, salt, baking soda, baking powder and cinnamon until well combined
- 5 Mix the flour mixture into the egg mixture and stir until combined and no flour is visible. Do not overstir. Some small lumps may remain.
- 6 Stir in the zucchini
- 7 Divide the batter evenly between the 6 muffin cups
- 8 Bake for 25-30 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 9 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTES: *Do not use this flour blend if it contains an allergen you are avoiding. Please read all labels as labels can change without warning. Additional information on precautionary labeling, such as may contain, can be located in the frequently asked questions section on page 12.

INGREDIENTS

DRY INGREDIENTS

¼ cup plus 1 tablespoon (70 g) brown sugar, packed

1 cup (125 g) King Arthur® Gluten-Free Measure for Measure flour* or 1 cup preferred gluten free flour (Add ½ teaspoon xanthan gum (1.5 g) to the gluten free flour if your gluten-free mix does not already contain xanthan gum)

½ teaspoon (3 g) salt

¼ teaspoon (1 g) baking soda

¼ teaspoon (1 g) baking powder

½ teaspoon (1.5 g) cinnamon

1 cup (120 g) grated, unpeeled zucchini (about 1 small zucchini)

WET INGREDIENTS

2 large eggs (100 g)

¼ cup (60 ml) canola oil

½ teaspoon (2.5ml) vanilla extract

Use only tolerated ingredients or ingredients approved by your physician.

A glass pitcher filled with white milk sits on a dark wooden surface. To the left of the pitcher is a golden-brown sesame seed bun. In the foreground, a sprig of fresh green rosemary lies on the wood. The background is a plain, light-colored wall.

STANDARD CREATIONS
BAKED MILK RECIPES
MUFFINS

BASIC BAKED MILK MUFFINS

Recipe Developed by:
Marion Groetch, MS, RDN &
Allison Schaible, MS, RDN

Yields: 6 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a mixing bowl, stir together the wet ingredients until well combined (milk, canola oil, vanilla extract, egg or egg replacer). Set aside.
- 4 In a separate mixing bowl, mix together the dry ingredients (flour, sugar, salt, baking powder)
- 5 Add wet ingredients to dry ingredients all at once and gently stir with a wooden spoon (about 15- 20 light strokes) until wet and dry ingredients are just combined. Do not overstir. Some small lumps may remain.
- 6 Divide the batter into the 6 prepared muffin liners**
- 7 Bake 30 to 35 minutes or until golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *We used Ener-G® brand egg replacer when preparing this recipe. Although the egg replacer is a dry ingredient, add this at step 3 with the wet ingredients. **Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top.

INGREDIENTS

DRY INGREDIENTS

1¼ cups (155 g) of all-purpose flour (wheat)

½ cup (100 g) sugar

¼ teaspoon (1.5 g) salt

2 teaspoons (10 g) baking powder

WET INGREDIENTS

1 cup (240 ml) of Milk

2 tablespoons (30 ml) canola oil

1 teaspoon (5 ml) vanilla extract

1½ teaspoons (4 g) Egg replacer * or 1 large egg (50g). (May use egg if not allergic to egg).

Use only tolerated ingredients or ingredients approved by your physician.



CHOCOLATE MUFFINS

Recipe Developed by:
Marion Groetch, MS, RDN &
Allison Schaible, MS, RDN

Yields: 10 Muffins
Serving Size: 1 Muffin
Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 400° F (200° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 400° F (200° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 Combine the dry ingredients (flour, sugar, cocoa powder, baking soda and baking powder) in a large bowl
- 4 In a separate mixing bowl, stir together the wet ingredients until smooth (buttermilk, vanilla, vegetable oil, vinegar and water)
- 5 Add wet ingredients to dry ingredients all at once and stir until batter is just blended. Do not overstir. Some small lumps may remain.
- 6 Divide the batter into the 10 prepared muffin liners. *Muffin cups will be full.*
- 7 Sprinkle muffin tops with chocolate chips if desired
- 8 Bake for about 25 minutes until firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 9 Cool for 10 minutes before removing to a wire rack. Cool completely before serving.

NOTE: *Buttermilk milk protein content may vary (+/-1 gram) between brands however it does not make a significant difference in milk protein content (1.2-1.35 g milk protein) of the final product.

INGREDIENTS

DRY INGREDIENTS

- 2 cups (250 g) all-purpose flour (wheat)
- 1 cup (200 g) white sugar
- ½ cup (45 g) unsweetened cocoa powder
- 1 teaspoon (5 g) baking soda
- 1 teaspoon (5 g) baking powder
- ¼ cup (60 g) milk-free chocolate chips (optional)

WET INGREDIENTS

- 1½ cups (360 ml) buttermilk* or 1½ cups milk (360 ml) mixed with 1.5 tablespoons (23 ml) of lemon juice
- 1 teaspoon (5 ml) vanilla extract
- ½ cup (120 ml) vegetable oil
- 1 tablespoon (15 ml) vinegar
- 1 tablespoon (15 ml) water

Use only tolerated ingredients or ingredients approved by your physician.



CORNBREAD MUFFINS

Recipe Developed by:
Allison Schaible, MS, RDN

Yields: 6 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 Combine dry ingredients (flour, corn meal, sugar, salt and baking powder) in a bowl
- 4 Whisk wet ingredients (egg, oil and milk) together in a small bowl then add to dry ingredients. Do not overstir. Some small lumps may remain.
- 5 Divide the batter evenly into 6 large muffin cups (your muffin cups will be full) and bake for 30 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 6 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *This recipe was tested with 1 tablespoon ground flaxseed mixed with 2 1/2 tablespoons of warm water.

INGREDIENTS

DRY INGREDIENTS

¾ cup (95 g) all-purpose flour (wheat)

¾ cup (90 g) corn meal

¼ cup (50 g) sugar

½ teaspoon (3 g) salt

2 teaspoons (10 g) baking powder

WET INGREDIENTS

Tolerated egg replacer* or 1 large egg (50 g) (May use egg if not allergic to egg)

2 tablespoons (30 ml) canola oil

1 cup (240 ml) milk

Use only tolerated ingredients or ingredients approved by your physician.



BOXED MIX: CHOCOLATE CHIP MUFFINS

Recipe Adapted from:
Cherrybrook Kitchen® box recipe

Yields: 12 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 12 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large bowl empty the contents of the Cherrybrook Kitchen® mix, add the non-fat dry milk powder and mix well.
- 4 Then add the milk and canola oil and mix until the wet and dry ingredients are combined. It is okay if there are still some lumps. Do not over mix.
- 5 Divide the batter evenly between the 12 muffin tins
- 6 Bake at 350° for 25-30 minutes (until fully baked). Assure there is no sogginess in the center. A toothpick inserted in the middle of the muffin should come out clean. (See page 6 -baking safety).
- 7 Let the muffins cool for 10 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Do not use a boxed mix if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12. **If you do not have a gram scale please see page 11 for directions on converting grams of nonfat dry milk powder to household measurements.

INGREDIENTS

DRY INGREDIENTS

1 box of Cherrybrook Kitchen®
chocolate chip muffin mix*

23 grams nonfat dry milk powder**

WET INGREDIENTS

1 cup (240 ml) milk

½ cup (75 ml) canola oil

Use only tolerated ingredients or ingredients
approved by your physician.

BAKED MILK BANANA MUFFINS

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN



Yields: 6 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large bowl combine and mix well dry ingredients (all-purpose flour, white whole wheat flour, nonfat dry milk powder, sugars, cinnamon, baking powder, baking soda, nutmeg and salt). Set aside.
- 4 In a separate bowl combine and mix well wet ingredients (canola oil, banana, water)
- 5 Mix wet ingredients into dry ingredients until combined. Do not over mix, some lumps may remain.
- 6 Divide the batter among the 6 lined muffin tins
- 7 Bake for about 35 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *If you do not have a gram scale see page 11 for information on converting grams of nonfat dry milk powder to household measurements. Volume will vary based on the brand of nonfat dry milk powder used.

INGREDIENTS

DRY INGREDIENTS

- 1 cup (125 g) all-purpose flour (wheat)
- ½ cup (60 g) white whole wheat flour (or all-purpose flour)
- 23 g of nonfat dry milk powder*
- 2 tablespoons (25 g) sugar
- ¼ cup (50 g) dark packed, brown sugar (light brown sugar is fine to substitute)
- 1 teaspoon (3 g) cinnamon
- 1 teaspoon (5 g) baking powder
- ½ teaspoon (2.5 g) baking soda
- ½ teaspoon (2 g) nutmeg (freshly ground if you have it)
- ½ teaspoon (3 g) salt

WET INGREDIENTS

- 1 cup (225 g) ripe, mashed banana (fork mashed or blended using an immersion blender, you will need approximately 2 bananas)
- ½ cup (120 ml) canola oil
- ½ cup (120 ml) water

Use only tolerated ingredients or ingredients approved by your physician.



BRAN MUFFINS WITH BAKED MILK

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 6 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 Combine milk and cider vinegar, let sit until curdled
- 4 In a large mixing bowl, combine dry ingredients except the brown sugar(wheat bran, flour, nonfat dry milk powder, baking powder, baking soda, and salt).
- 5 In a smaller bowl, combine wet ingredients (applesauce, canola oil, milk/vinegar, vanilla) and brown sugar
- 6 Using a rubber spatula, fold wet ingredients into dry until just combined. Do not overstir. Some small lumps may remain.
- 7 Divide the batter among the 6 lined muffin tins
- 8 Bake for 25 minutes until firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 9 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *If you do not have a gram scale see page 11 for information on converting grams of nonfat dry milk powder to household measurements. Volume will vary based on the brand of nonfat dry milk powder used.

INGREDIENTS

DRY INGREDIENTS

1 cup (60 g) wheat bran

½ cup (65 g) all-purpose flour (wheat)

12 g nonfat dry milk powder*

½ teaspoon (2g) baking powder

¼ teaspoon (1 g) baking soda

¼ teaspoon (1.5 g) salt

2 tablespoons (20 g) unpacked, brown sugar

WET INGREDIENTS

½ cup (120 ml) 2% milk or whole milk

1 teaspoon (5ml) apple cider vinegar

¼ cup (60 g) unsweetened applesauce

2 tablespoons (30 ml) canola oil

½ teaspoon (2.5 ml) vanilla extract

Nutrition Bite

Each muffin contains
4 g fiber and 1½
teaspoons added
sugar

Use only tolerated ingredients or ingredients
approved by your physician.



STANDARD CREATIONS

BAKED MILK RECIPES

BREADS, CRACKERS,
PIZZA CRUST & ROLLS

50% WHOLE WHEAT BREAD & ROLLS

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN



!!! Requires Bread Machine

BREAD DIRECTIONS

- 1 Add ingredients to bread machine in the order recommended by your machine
- 2 Use basic or whole wheat cycle
- 3 Once bread is ready, remove from the bread maker and place on a wire rack, let it cool fully before slicing. Slice into 12 approximately equal size pieces. Alternatively, you may weigh the loaf and this value divided by 12 should be the approximate weight of each slice.

ROLL DIRECTIONS

- 1 Add ingredients to the bread machine in order recommended by your machine. Use basic dough cycle
- 2 Once dough is ready, remove from the breadmaker
- 3 Place dough on lightly floured surface. Flatten dough and roll into a rectangle. Divide dough into 12 approximately equal pieces.
- 4 Using your hands, roll each piece into a round shape and place rolls on a cookie sheet lined with parchment paper at least 2 inches apart.
- 5 Cover the rolls with a damp cloth and let rise for 30 minutes
- 6 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake rolls only in an oven that is **completely preheated** to 350° F (180° C).
- 7 Bake for about 25-28 minutes. Time will depend on your oven. Assure rolls are browned on the bottom and cooked through. Let cool completely before serving or freezing.
- 8 Freeze any rolls not being used in a plastic bag or Tupperware. Defrost by placing in the microwave for 20 to 30 seconds on defrost setting or power level 3.

NOTE: *If you do not have a gram scale see page 11 for information on converting grams of nonfat dry milk powder to household measurements. Volume will vary based on the brand of nonfat dry milk powder used.

Yields: 1½ lb loaf or 12 rolls
Serving Size: 1 slice (½ of loaf) or 1 roll (2oz)

Milk Protein per Serving, 1.33g

INGREDIENTS

DRY INGREDIENTS

1½ cups (180 g) white whole wheat flour

1½ cups (180 g) bread flour (wheat)

46 g nonfat dry milk powder*

1 teaspoon (6 g) salt

2 teaspoons (8 g) active dry yeast

WET INGREDIENTS

1 cup (240 ml) plus 2 tablespoons (30 ml) room temperature water

1 tablespoon (15 ml) canola oil

1 tablespoon (15 ml) honey (do not use honey for children under 1 year of age)
May substitute maple syrup or sugar for honey.

Use only tolerated ingredients or ingredients approved by your physician.

33% WHOLE WHEAT FLAX BREAD & ROLLS

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 1½ lb loaf or 12 rolls

Serving Size: 1 slice (½ of loaf) or 1 roll (2oz)

Milk Protein per Serving, 1.33g

!!! Requires Bread Machine

BREAD DIRECTIONS

- 1 Add ingredients to bread machine in the order recommended by your machine
- 2 Use basic or whole wheat cycle
- 3 Once bread is ready, remove from the bread maker and place on a wire rack, let it cool fully before slicing. Slice into 12 approximately equal size pieces. Alternatively, you may weigh the loaf and this value divided by 12 should be the approximate weight of each slice.

ROLL DIRECTIONS

- 1 Add ingredients to the bread machine in order recommended by your machine. Use basic dough cycle
- 2 Once dough is ready, remove from the breadmaker
- 3 Place dough on lightly floured surface. Flatten dough and roll into a rectangle. Divide dough into 12 approximately equal pieces.
- 4 Using your hands, roll each piece into a round shape and place rolls on a cookie sheet lined with parchment paper at least 2 inches apart.
- 5 Cover the rolls with a damp cloth and let rise for 30 minutes
- 6 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake rolls only in an oven that is **completely preheated** to 350° F (180° C).
- 7 Bake for about 25-28 minutes. Time will depend on your oven. Assure rolls are browned on the bottom and cooked through. Let cool completely before serving or freezing.
- 8 Freeze any rolls not being used in a plastic bag or Tupperware. Defrost by placing in the microwave for 20 to 30 seconds on defrost setting or power level 3.

NOTE: *If you do not have a gram scale see page 11 for information on converting grams of nonfat dry milk powder to household measurements. Volume will vary based on the brand of nonfat dry milk powder used.

INGREDIENTS

DRY INGREDIENTS

2 cups (240 g) bread flour (wheat)

1 cup (120 g) white whole wheat flour

1½ teaspoons (9 g) salt

⅓ cup (35 g) ground flaxseed

2 teaspoons (8 g) fast rising yeast

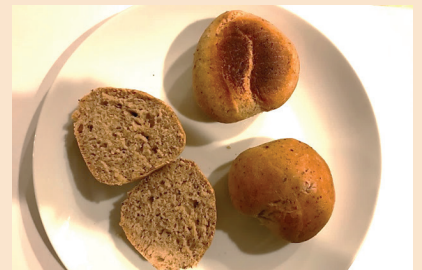
46 g nonfat dry milk powder*

WET INGREDIENTS


1¼ cups (295 ml) water at room temperature

2 tablespoons (30 ml) honey (do not use honey for children under 1 year of age)

2 tablespoons (30 ml) canola oil



Use only tolerated ingredients or ingredients approved by your physician.



100% WHOLE WHEAT BREAD & ROLLS

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 1½ lb loaf or 12 rolls

Serving Size: 1 slice (½ of loaf) or 1 roll (2oz)

Milk Protein per Serving, 1.33g

!!! Requires Bread Machine

BREAD DIRECTIONS

- 1 Add ingredients to bread machine in the order recommended by your machine
- 2 Use whole wheat cycle
- 3 Once bread is ready, remove from the bread maker and place on a wire rack, let it cool fully before slicing
- 4 Slice into 12 approximately equal size pieces. Alternatively, you may weigh the loaf and this value divided by 12 should be the approximate weight of each slice.

ROLL DIRECTIONS

- 1 Add ingredients to the bread machine in order recommended by your machine
- 2 Use whole wheat dough cycle
- 3 Once dough is ready, remove from the breadmaker
- 4 Place dough on lightly floured surface. Flatten dough and roll into a rectangle. Divide dough into 12 approximately equal pieces.
- 5 Using your hands, roll each piece into a round shape and place rolls on a cookie sheet lined with parchment paper at least 2 inches apart.
- 6 Cover the rolls with a damp cloth and let rise for 60 to 75 minutes
- 7 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake rolls only in an oven that is **completely preheated** to 350° F (180° C).
- 8 Remove cloth. Bake rolls for 25 minutes. Let cool completely before serving or freezing. Defrost frozen rolls by placing in the microwave for 20 to 30 seconds on defrost setting or power level 3.

NOTE: *If you do not have a gram scale see page 11 for information on converting grams of nonfat dry milk powder to household measurements. Volume will vary based on the brand of nonfat dry milk powder used.

INGREDIENTS

DRY INGREDIENTS

3½ cups (420 g) white whole wheat flour. For a less dense roll use 2¾ cups (330 g) white whole wheat flour and ¾ (100 g) cups bread flour

1 tablespoon (7.5 g) vital wheat gluten

46 g nonfat dry milk powder*

1½ teaspoons (9 g) salt

1½ teaspoons (6 g) yeast

¼ cup (26 g) ground flaxseed (optional)

WET INGREDIENTS

1¼ cups (300 ml) water

2 tablespoons (30 ml) canola oil

¼ cup (60 ml) honey (do not use honey for children under 1 year of age). May substitute sugar or maple syrup for honey.

Nutrition Bite

Each serving contains about 4 g of fiber

Use only tolerated ingredients or ingredients approved by your physician.

BAKED MILK PIZZA CRUST

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 6, six inch personal pizzas
Serving Size: 1, six inch (15.25 cm)
pizza crust
Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 In a large mixing bowl whisk together warm water, yeast and sugar. Cover and allow to rest for 5 minutes. Note: if you have a stand mixer, use the large bowl, which attaches to your mixer; however, if you don't have a mixer step 3 can be done by hand.
- 2 In a separate bowl, mix the nonfat dry milk powder, all-purpose flour and white whole wheat flour
- 3 Add the olive oil, salt and flour mixture to the yeast mixture. If using a mixer, using the paddle attachment and low speed, beat for 2 minutes. Alternatively, mix by hand for 2 minutes.
- 4 Cover a surface such as a cutting board with a light layer of flour. Flour your hands and place the dough on the floured surface. Knead the dough for 3 to 4 minutes. If the dough is too sticky, add more flour. To determine whether you are done kneading, poke the dough with your finger, it should slowly bounce back.
- 5 Using a pastry brush lightly brush a bowl with olive oil or use an oil spray. Place the dough in the bowl and turn the dough to coat all sides with the oil. Cover the bowl tightly with aluminum foil and let rise for 60 to 90 minutes.
- 6 Preheat the oven to 450° F (230° C). This step may take 30-45 minutes. Bake dough only in an oven that is **completely preheated** to 450° F (230° C).
- 7 Place the dough on a floured surface (the same surface previously used) and divide into 6 equal pieces. Use a scale if desired.
- 8 Roll each individual piece of dough into a 6-inch (15.25 cm) circle
- 9 Bake in individual 6-inch pizza pans greased with olive oil or cooking oil spray. Alternatively, sprinkle cornmeal on a pizza stone and bake individual pizza crusts on the pizza stone. Preheat stone prior to placing rolled dough on it.
- 10 Bake for 20 minutes, or until fully cooked through
- 11 If you wish to freeze some of the dough, roll individual pieces into a ball, using a pastry brush, lightly coat with olive oil and freeze in a plastic bag, squeezing as much air out as possible before sealing.

NOTE: To use a bread maker to prepare the dough: Place the ingredients in your bread machine based on the order recommended by your machine. Use the pizza dough setting. Preheat the oven to 450°F. Once dough is ready from the machine, proceed to steps 6-9 above. **If you do not have a gram scale see page 11 for information on converting grams of nonfat dry milk powder to household measurements. Volume will vary based on the brand of nonfat dry milk powder used.*

INGREDIENTS

DRY INGREDIENTS

2¼ teaspoons (9 g) active dry or instant yeast

1 tablespoon (15 g) granulated sugar

23 g nonfat dry milk powder*

2½ cups (315 g) all-purpose flour (wheat), plus more for hands and surface used for kneading and rolling

1 cup white whole wheat flour (120 g) (or all-purpose flour)

¾ teaspoon (4.5 g) salt

WET INGREDIENTS

1½ cups (320 ml) warm water (100-110° F/ 38°-43°C)

2 tablespoons (30 ml) olive oil plus some extra for greasing the bowl and pan

TOPPINGS OF YOUR CHOICE

Tomato sauce, sautéed vegetables, lightly roasted vegetables, basil, pepperoni, sausage, pineapple



Use only tolerated ingredients or ingredients approved by your physician.

MILK CRACKERS / PRETZELS

Recipe Developed by:
Marion Groetch, MS, RDN



Yields: 36 Crackers or 12 Pretzels
Serving Size: 6 Crackers or 2 Pretzels
Milk Protein per Serving, 1.33g

CRACKER DIRECTIONS

- 1 Preheat oven to 500° F (260° C). This step may take 30-45 minutes. Bake crackers only in an oven that is completely preheated to 500° F (260° C).
- 2 Place flour, salt, sugar and rosemary in a bowl, whisk to combine
- 3 Stir in milk (mixed with milk powder) and oil, until fully combined
- 4 Turn dough out onto a lightly floured piece of parchment paper (slightly larger than your baking sheet)
- 5 Divide the dough into 6 individual balls. (a serving size will be the crackers made from one ball of dough- around 6 crackers)
- 6 Roll each dough ball until it is about 1/8th of an inch thick (keeping the thickness as even as possible). If dough is too sticky, add additional flour.
- 7 Cut the dough into squares using a pizza cutter. Brush with a little water and sprinkle with flaked salt and/or other herbs if desired. Use a fork to prick each square a few times.
- 8 Transfer the dough, still on the parchment paper, onto a baking sheet and place it in the oven. Immediately reduce heat to 400° F (200° C).
- 9 Bake for 20 minutes, or until crackers are starting to become golden

PRETZEL DIRECTIONS

- 1 Follow steps 1-5 above (a serving size will be the pretzels made from one ball of dough-2 pretzels)
- 2 Divide the measured dough ball in half and roll each half into a long rope
- 3 Twist the ends and fold over
- 4 Brush with a little water and sprinkle with flaked salt and/or other herbs if desired
- 5 Proceed with steps 8 and 9

NOTE: *If you do not have a gram scale see page 11 for information on converting grams of nonfat dry milk powder to household measurements. Volume will vary based on the brand of nonfat dry milk powder used.

INGREDIENTS

DRY INGREDIENTS

1½ cups (190 g) all-purpose flour (wheat)

1 teaspoon (6 g) salt

1 teaspoon (4 g) sugar

1 tablespoon (1.5 g) fresh rosemary finely chopped or other herbs

Flaked maldon salt (optional)

WET INGREDIENTS

1½ tablespoons (23 ml) olive oil

½ cup (120 ml) milk (4 g protein) mixed with 11.5 g nonfat milk powder* (4 g protein)



Use only tolerated ingredients or ingredients approved by your physician.



STANDARD CREATIONS
BAKED MILK RECIPES
WHEAT-FREE MUFFINS

WHEAT-FREE OAT PUMPKIN MUFFINS

Recipe Developed by:
Margaret Kyle

Yields: 6 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large mixing bowl, combine the dry ingredients (oat flour, nonfat dry milk powder, baking powder, cinnamon, baking soda, salt and sugar), stirring well with a whisk
- 4 In a small mixing bowl, whisk together the wet ingredients (pumpkin, oil and vinegar)
- 5 With a rubber spatula, fold wet ingredients into dry until just combined. Fold in chocolate chips if using chips. Do not overstir. Some small lumps may remain.
- 6 Divide the batter evenly between the 6 muffin tins
- 7 Bake for 27-30 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *If making your own flour: blend rolled or quick 1 minute oats in a blender or food processor, you will need about 1½ cups oats. **If you do not have a gram scale see page 11 for information on converting grams of nonfat dry milk powder to household measurements. Volume will vary based on the brand of nonfat dry milk powder used. ***You may also decrease the sugar in this recipe to ¼ cup.

INGREDIENTS

DRY INGREDIENTS

1¼ cups oat flour (150 g whole oat flour or 130 g partially debranned oat flour)*

23 g nonfat dry milk powder **

1 teaspoon (5 g) baking powder

½ teaspoon (1.5 g) cinnamon

¼ teaspoon (1 g) baking soda

¼ teaspoon (1.5 g) fine sea salt

¼ cup plus 2 tablespoons (70 g) light unpacked, brown sugar or dark unpacked, brown sugar***

Optional: ¼ cup (45 g) chocolate chips (ensure the chocolate chips are milk free)

WET INGREDIENTS

¾ cup (180 g) pumpkin puree

¼ cup (60 ml) safflower or canola oil

1½ teaspoons (8 ml) apple cider vinegar

Use only tolerated ingredients or ingredients approved by your physician.



STANDARD CREATIONS

**COMBINATION
BAKED MILK AND
BAKED EGG RECIPES**

MUFFINS & WHEAT-FREE
MUFFINS

REDUCED-SUGAR BAKED EGG AND BAKED MILK MUFFINS

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

Milk protein per Serving when using
cow's milk: 1.33 g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a bowl, whisk together wet ingredients (milk, canola oil, vanilla extract and eggs). Make sure eggs are beaten and well mixed into the other wet ingredients.
- 4 In a separate bowl mix dry ingredients (flour, sugar, salt, baking powder and optional cinnamon and milk-free chocolate chips)
- 5 Gradually stir wet ingredients into dry ingredients until fully combined. Do not overstir. Some small lumps may remain.
- 6 Divide the batter among the 6 lined muffin tins
- 7 Bake for 25-30 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety)
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *To make this recipe cow's milk free, use a tolerated plant-based beverage in place of milk.

INGREDIENTS

DRY INGREDIENTS

1¼ cups (155 g) of all purpose flour (wheat); alternatively, ½ cup (60 g) white whole wheat flour and ¾ cup (95 g) all purpose flour (wheat)

¼ cup (50 g) sugar

¼ teaspoon (1.5 g) salt

2 teaspoons (10 g) baking powder

1 teaspoon (3 g) cinnamon (optional)

2 tablespoons (30 g) milk-free chocolate chips (optional)

WET INGREDIENTS

1 cup (240 ml) milk*

2 tablespoons (30 ml) canola oil

1 teaspoon (5 ml) vanilla extract

2 large eggs (100 g), beaten

Nutrition Bite

Each muffin contains
just 2 teaspoons of
added sugars!

Use only tolerated ingredients or ingredients
approved by your physician.



WHEAT-FREE BAKED EGG AND BAKED MILK MUFFINS

Recipe Developed by:
Marion Groetch, MS, RDN adapted from
recipe by Chef Diego Baraona

Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 Mix all dry ingredients well in a large bowl (rice flour, sugar, salt, baking powder)
- 4 Whisk with a whisk or fork all wet ingredients in a medium bowl or measuring cup (milk or plant-based beverage, eggs, vanilla and oil)
- 5 Add the wet to the dry ingredients stirring with a spatula or spoon. Only mix until just combined, about 20 seconds. Do not overmix. Some small lumps may remain.
- 6 Pour mix into 6 lined muffin cups (they will be full)
- 7 Bake for 30 to 35 minutes until golden brown and firm to the touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *To make this recipe cow's milk free, use a tolerated plant-based beverage in place of milk.

INGREDIENTS

DRY INGREDIENTS

1¼ cups (200 g) rice flour

½ cup (100 g) sugar

¼ teaspoon (1.5 g) salt

1 teaspoon (5 g) baking powder

WET INGREDIENTS

1 cup (240 ml) milk*

2 large eggs (100 g)

½ teaspoon (2.5 ml) vanilla

2 tablespoons (30 ml) oil, such as
canola oil

*Use only tolerated ingredients or ingredients
approved by your physician.*



**NON-STANDARD
CREATIONS—LESS PROTEIN
LOWER EGG AND/OR MILK PROTEIN**

BAKED EGG RECIPES

**CUPCAKES &
MUFFINS**

BASIC BAKED EGG CUPCAKES

Recipe Developed by:
The Australian Society of Clinical
Immunology and Allergy Inc.



Yields: 12 Cupcakes

Serving Size: 1 Cupcake

Egg Protein per Serving, 1.0g

Milk Protein per Serving (if using cow's
milk and butter), 0.4g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 12 cupcake liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large bowl, using a mixer, mix butter or margarine with sugar until creamy
- 4 Add the 2 eggs and mix
- 5 Add flour and milk (or tolerated plant based beverage) and combine on low speed
- 6 Distribute batter evenly into each muffin cup
- 7 Bake for 25 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion (See page 6 -baking safety).
- 8 Let the cupcakes cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

INGREDIENTS

DRY INGREDIENTS

1¾ cups (220 g) of self-raising flour
(wheat)

¾ cup + 2½ teaspoons (160 g) sugar

WET INGREDIENTS

7 tablespoons (100 g) of room
temperature plant-based, milk -free
margarine or butter (May use butter if
not allergic to cow's milk)

½ cup (120 ml) tolerated plant-based
beverage or milk (May use milk if not
allergic to cow's milk)

2 large (100 g) eggs room temperature

*Use only tolerated ingredients or ingredients
approved by your physician.*

BAKED EGG PUMPKIN MUFFINS

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 18 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 1g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 18 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large bowl, mix dry ingredients except chocolate chips (flours, sugar, baking soda, cinnamon, nutmeg and salt). Set aside.
- 4 In a medium bowl mix together wet ingredients (pumpkin, oil, eggs, applesauce, vanilla and water)
- 5 Fold wet ingredients into dry and hand mix until well blended. Do not over stir. Some small lumps may remain. Mix in chocolate chips.
- 6 Divide batter evenly between the 18 muffin tins
- 7 Bake for 25 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion (See page 6 -baking safety).
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

INGREDIENTS

DRY INGREDIENTS

1 cup plus $\frac{3}{4}$ cup plus 2 tablespoons (235 g) all-purpose flour (wheat)

$\frac{3}{4}$ cup (90 g) white whole wheat flour

$\frac{1}{4}$ cup plus 2 tablespoons (75 g) sugar

1½ teaspoons (7 g) baking soda

1½ teaspoons (4.5 g) ground cinnamon

$\frac{3}{4}$ teaspoon (4.5 g) salt

$\frac{3}{4}$ teaspoon (3 g) nutmeg (freshly ground if you have whole nutmeg)

$\frac{1}{2}$ cup (120 g) milk-free, mini chocolate chips

WET INGREDIENTS

1½ cups (360 g) canned or fresh pumpkin

$\frac{1}{4}$ cup plus 2 tablespoons (90 g) applesauce

3 large eggs (150 g), lightly beaten

$\frac{3}{4}$ teaspoon (3 ml) vanilla extract

$\frac{3}{4}$ cup (180 ml) water

$\frac{1}{4}$ cup plus 2 tablespoons (90 ml) canola oil

Nutrition Bite

Each muffin contains
2 g of fiber and 2
teaspoons of sugar.



BAKED EGG OATMEAL MUFFINS

Recipe Developed by:
Marion Groetch, MS, RDN

Yields: 12 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving: 1g

Milk Protein per Serving (if buttermilk/
butter are used): 0.75g

DIRECTIONS

- 1 Preheat oven to 400° F (200° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 400° F (200° C).
- 2 Line a muffin pan with 12 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a separate medium bowl, whisk together the flour, oats, baking powder, cinnamon, baking soda and salt
- 4 Mix together the melted butter (or oil), eggs, brown sugar and buttermilk (or plant based beverage)
- 5 Stir the flour mixture into the egg and buttermilk mixture until well combined. Do not overstir. Some small lumps may remain. Fold in peaches or other fruit if desired.
- 6 Divide the batter among the 12 lined muffin tins
- 7 Bake for about 20 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

INGREDIENTS

DRY INGREDIENTS

1½ cups (120 g) quick cooking oats

1 cup (120 g) whole wheat flour

1 teaspoon (5 g) baking powder

1 teaspoon (3 g) ground cinnamon

½ teaspoon (2.5 g) baking soda

½ teaspoon (3 g) kosher salt

½ cup (110 g) lightly packed brown sugar

WET INGREDIENTS

1 cup (240 ml) tolerated plant-based beverage plus 1 tablespoon (15 ml) lemon juice or vinegar or 1 cup (245 ml) buttermilk (May use buttermilk if not allergic to cow's milk)

½ cup (120 ml) canola oil or ½ cup (110 g or 4 oz., 1 stick) unsalted butter melted and cooled (May use butter if not allergic to cow's milk)

2 large eggs (100 g), lightly beaten

2 peaches (300 g), peeled and chopped (or other fruit of choice)

Use only tolerated ingredients or ingredients approved by your physician.



BOXED MIX: BAKED EGG BANANA MUFFINS

USING TRADER JOE'S® BANANA BREAD MIX

Recipe Adapted from:
Trader Joe's® banana bread mix by:
Wendy Elverson, RD, CSP, LDN

Yields: 12 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 1g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 12 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a small mixing bowl whisk together the wet ingredients until well combined (water, canola oil and eggs). Set aside.
- 4 In a separate large mixing bowl, empty contents of boxed mix
- 5 Add wet ingredients to dry ingredients all at once and gently stir until wet and dry ingredients are combined. Do not overstir. Some small lumps may remain.
- 6 Divide the batter among the 12 lined muffin tins
- 7 Bake for 25-30 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: **Do not use a boxed mix if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12.*

INGREDIENTS

DRY INGREDIENTS

1, 15 oz. (425 g) box of Trader Joe's® Banana Bread Mix*

WET INGREDIENTS

½ cup (75 ml) canola oil (or other tolerated vegetable oil)

2 large eggs (100 g), beaten

¾ cup (180 ml) water

Use only tolerated ingredients or ingredients approved by your physician.



BOXED MIX: BAKED EGG CORN MUFFINS

USING TRADER JOE'S® CORNBREAD MIX

Recipe Adapted from:
Trader Joe's® Cornbread mix by:
Wendy Elverson, RD, CSP, LDN

Yields: 12 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 1 g

Milk Protein per Serving: 0.5g (if cow's milk is used)

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is completely preheated to 350° F (180° C).
- 2 Line a muffin pan with 12 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a small bowl whisk together the wet ingredients (eggs, oil and milk or plant based beverage)
- 4 In a separate large mixing bowl, empty contents of boxed mix
- 5 Add the wet ingredients to the dry ingredients and gently stir until wet and dry ingredients are combined. Do not overstir. Some small lumps may remain.
- 6 Divide the batter among the 12 lined muffin tins
- 7 Bake for 25 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Do not use a boxed mix if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12.

INGREDIENTS

DRY INGREDIENTS

1, 15 oz. (425 g) box of Trader Joe's® Cornbread Mix*

WET INGREDIENTS

¼ cup plus 2 tablespoons (90 ml) canola oil (or other tolerated vegetable oil)

2 large eggs (100 g)

¾ cup (180 ml) tolerated plant-based beverage or milk (May use milk if not allergic to cow's milk)

Use only tolerated ingredients or ingredients approved by your physician.



BRAN MUFFINS WITH BAKED EGG

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 12 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving: 1g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 12 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large bowl, whisk together the flours, wheat bran, brown sugar, baking soda and baking powder
- 4 In a separate medium bowl whisk together the eggs, applesauce, oil and plant-based beverage or cow's milk mixed with lemon juice
- 5 Gradually add the wet ingredients to the dry ingredients. Using a wooden spoon stir until ingredients are mixed and no flour is visible.
- 6 Divide the batter evenly between the 12 muffin cups
- 7 Bake for 25 minutes until firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

INGREDIENTS

DRY INGREDIENTS

1 cup (55g) wheat bran

$\frac{3}{4}$ cup (90 g) white whole wheat flour
(may substitute all-purpose flour (wheat))

$\frac{3}{4}$ cup (95 g) all-purpose flour (wheat)

2 tablespoons (20 g) unpacked brown sugar

1 teaspoon (5 g) baking soda

1 teaspoon (5 g) baking powder

$\frac{1}{2}$ teaspoon (3 g) salt

WET INGREDIENTS

2 large eggs (100 g)

$\frac{1}{2}$ cup (120 g) applesauce, unsweetened

2 tablespoons (30 ml) oil (canola or other vegetable oil)

$\frac{1}{4}$ cup (85 g) honey (do not use honey for children under one years of age)

1 cup (240 ml) tolerated plant-based beverage, or cow's milk (May use milk if not allergic to cow's milk) mixed with 1 tablespoon (15 ml) of lemon juice or 1 tablespoon (15 ml) of vinegar to make "buttermilk"

Use only tolerated ingredients or ingredients approved by your physician.


Nutrition Bite
Each muffin contains
3g of fiber.



**NON-STANDARD
CREATIONS—LESS PROTEIN
LOWER EGG AND/OR MILK PROTEIN**

BAKED EGG RECIPES

**WHEAT-FREE BREAD,
COOKIES & MUFFINS**



BOXED MIX: MULTIGRAIN WHEAT-FREE BREAD WITH BAKED EGG

Recipe Adapted from:
Cup4Cup® by: Wendy Elverson, RD, CSP, LDN

Yields: 1 loaf
Serving Size: ½ loaf
Egg Protein per Serving, 1g

!!! Requires Mixer

DIRECTIONS

- 1 Preheat the oven to 400° F (200° C). This step may take 30-45 minutes. Bake bread only in an oven that is **completely preheated** to 400° F (200° C).
- 2 Dissolve yeast in warm water and let sit for 10 minutes
- 3 Using a stand mixer with the paddle attachment, in a large mixing bowl mix together eggs, oil and vinegar for 30 seconds on medium speed
- 4 Add the water and yeast mixture to the egg mixture and mix again to combine
- 5 Add the multigrain bread mix to the bowl and mix on low speed until fully combined. Scrape down the sides of the bowl and the paddle and then mix on medium speed for 5 minutes.
- 6 Grease a 9x5 inch (23 cm x 13 cm) loaf pan with cooking spray or a lightly oiled pastry brush
- 7 Transfer the dough mix to the oiled pan. Using a spatula spread the dough evenly in the pan, then use a wet spatula to smooth out the surface of the dough. Cover with plastic wrap, and allow dough to rise in a warm spot for 45 to 60 minutes. Dough should rise to near the top of the loaf pan.
- 8 Bake at 400° F (200° C) for 50 to 60 minutes until the internal temperature of the loaf reaches 205° F (95°C)
- 9 Remove bread from the oven. Cool on a wire rack. Let cool fully, about 3 hours before slicing.
- 10 Slice into 12 equal size pieces
- 11 Freeze any bread not being used in a plastic bag or Tupperware. Defrost in the microwave.

NOTE: *Do not use a boxed mix if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12.

INGREDIENTS

DRY INGREDIENTS

1, 1.2 pounds (537 g) package
Cup4Cup® Multigrain Mix Gluten Free*

1 perfect yeast packet (included with
mix)

WET INGREDIENTS

1⅔ cups (400 ml) warm water (110 ° F
or 43 ° C)

⅓ cup (75 ml) canola oil or other
tolerated vegetable oil

2 large eggs (100 g), at room
temperature

1 tsp (5 ml) apple cider vinegar

Use only tolerated ingredients or ingredients
approved by your physician.



WHEAT-FREE BAKED EGG SOFT OAT COOKIES

Recipe Developed by:
Mrs. Hilde Winters, Dietitian

Yields: 20 Cookies

Serving Size: 1 Cookie

Egg Protein per Serving: 0.3g

DIRECTIONS

- 1 Preheat oven to 400° F (200° C). This step may take 30-45 minutes. Bake cookies only in an oven that is **completely preheated** to 400° F (200° C).
- 2 Mix the flour, oatmeal, baking powder, salt, vanilla extract, cranberries and cinnamon in a bowl
- 3 Melt the baking margarine and mix with the oat-based beverage, egg and sugar
- 4 Add this to the dry dough mixture and stir to an even dough
- 5 Dispense the dough tablespoon per tablespoon on baking paper (20 equal parts)
- 6 Bake for 20 minutes until the cookies are golden brown
- 7 Once golden, remove cookies from the oven and let cool for 5 minutes before removing them to a wire rack. Cool completely before serving.

INGREDIENTS

DRY INGREDIENTS

- 1¼ cups (150 g) gluten-free flour
- 1½ cups (150 g) gluten-free rolled oats
- 2 teaspoons (10 g) of gluten-free baking powder
- 4 tablespoons (50 g) cane sugar
- 7 tablespoons (70 g) dried cranberries
- 1 teaspoon (3 g) cinnamon powder
- pinch of salt

WET INGREDIENTS

- a few drops of vanilla extract
- 3 tablespoons (42 g) soft, plant-based, milk-free margarine
- ¾ cup + 1 tablespoon (200 ml) gluten-free oat-based beverage
- 1 large egg (50 g)

Use only tolerated ingredients or ingredients approved by your physician.

GLUTEN-FREE BAKED EGG BANANA MUFFINS

Recipe Developed by:
Mrs. Hilde Winters, Dietitian

Yields: 10 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 0.6g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 10 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large bowl mix the almond flour with buckwheat flour, cinnamon, baking powder and baking soda. Set aside.
- 4 In a separate bowl mix the soft plant-based, milk-free margarine with the egg and the sugar
- 5 Add the egg mixture to the flour mixture, and stir until fully combined. Do not overstir. Some small lumps may remain
- 6 Finely chop the bananas, mash with a fork or mixer (until completely smooth) and add them into the mixture
- 7 Divide mixture evenly between the 10 muffins tins
- 8 Bake for 25 minutes or until golden brown and firm to the touch. Use toothpick to test, toothpick should come out clean after insertion. (See page 6 -baking safety).
- 9 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: **Do not use almond flour if your child is allergic to almonds!*

INGREDIENTS

DRY INGREDIENTS

1 cup plus 2 tablespoons (125 g)
almond flour*

½ cup plus 3 tablespoons (100 g)
buckwheat flour

1½ teaspoons (4.5 g) cinnamon

1 teaspoon (5 g) gluten-free baking
powder

½ teaspoon (2.5 g) baking soda

2 tablespoons plus 1¼ teaspoons (30
g) sugar

WET INGREDIENTS

2 large bananas (270 g)

3 tablespoons plus 1½ teaspoons (50
g) plant-based, milk-free margarine or
butter. (May use butter if not allergic to
cow's milk)

1 egg (50 g)

1 teaspoon (5 ml) vanilla extract

Nutrition Bite

Each muffin contains
about 4 g fiber and
< 1 teaspoon of
added sugar .

*Use only tolerated ingredients or ingredients
approved by your physician.*



NON-STANDARD
CREATIONS-LESS PROTEIN
LOWER EGG AND/OR MILK PROTEIN

BAKED MILK RECIPES

MUFFINS

BOXED MIX: BAKED MILK BANANA MUFFINS

USING TRADER JOE'S® BANANA BREAD MIX

Recipe adapted from:
Trader Joe's® banana bread mix by:
Wendy Elverson, RD, CSP, LDN

Yields: 12 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 0.66g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 12 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a small bowl mix the ¼ cup milk with the ground flaxseed and let settle for 5 minutes
- 4 In a separate large mixing bowl, empty contents of boxed mix
- 5 Add all of the wet ingredients (oil, ¾ cup milk plus ¼ cup milk mixed with ground flaxseed) to dry ingredients. Gently stir until wet and dry ingredients are combined. Do not overstir. Some small lumps may remain.
- 6 Divide the batter among the 12 lined muffin tins
- 7 Bake for 25-35 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Do not use a boxed mix if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12.

INGREDIENTS

DRY INGREDIENTS

1, 15 oz. (425 g) box of Trader Joe's® Banana Bread Mix*

WET INGREDIENTS

½ cup (75 ml) canola oil (or other tolerated vegetable oil)

¾ cup (180 ml) milk plus ¼ cup (60 ml) milk

2 tablespoons (14 g) ground flaxseed

Use only tolerated ingredients or ingredients approved by your physician.

BOXED MIX: BAKED MILK CORN MUFFINS

USING TRADER JOE'S® CORNBREAD MIX

Recipe Adapted from:
Trader Joe's® Cornbread mix by:
Wendy Elverson, RD, CSP, LDN



Yields: 12 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 0.66g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 12 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 Mix the baking soda and apple cider vinegar and let stand for 2 minutes
- 4 In a separate mixing bowl, empty contents of boxed mix
- 5 Add the milk, oil and baking soda with vinegar mixture to dry ingredients all at once and gently stir until wet and dry ingredients are combined. Do not over-stir. Some small lumps may remain.
- 6 Divide the batter among the 12 lined muffin tins
- 7 Bake for 25-30 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Do not use a boxed mix if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12.

INGREDIENTS

DRY INGREDIENTS

1, 15 oz. (425 g) box of Trader Joe's® Cornbread Mix*

WET INGREDIENTS

½ cup (120 ml) canola oil (or other tolerated vegetable oil)

1 teaspoon baking soda (5 g) mixed with 1 tablespoon (15 ml) apple cider vinegar

1 cup (240 ml) milk

Use only tolerated ingredients or ingredients approved by your physician.



**NON-STANDARD
CREATIONS—LESS PROTEIN
LOWER EGG AND/OR MILK PROTEIN**

**COMBINATION BAKED
MILK AND BAKED EGG
RECIPES**

**CUPCAKES & WHEAT-
FREE MUFFINS**

BAKED EGG AND BAKED MILK CUPCAKES

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN

Yields: 24 Cupcakes
Serving Size: 1 Cupcake

Egg Protein per Serving, 1g
Milk Protein per Serving, 0.4g

!!! Requires Mixer

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake cupcakes only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 24 cupcake liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a medium sized bowl mix together all-purpose flour, baking powder and salt, set aside
- 4 In a large mixing bowl using an electric mixer, beat butter until smooth at medium to high speed
- 5 Add sugar and continue to beat for 3 to 4 minutes on medium high
- 6 Add the eggs, one at a time and mix well after each addition
- 7 Combine milk and vanilla extract
- 8 Gradually, using the low speed of a mixer alternate adding the milk/vanilla mixture and the flour mixture. Add ¼ of the flour mixture, beat; then add ¼ of the milk mixture, beat. Repeat ending with final quarter of milk mixture. Beat on low setting, do not over mix.
- 9 Divide batter evenly between muffin tins. Bake on the lower rack of the oven for 25 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 10 Let the cupcakes cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before frosting or serving.

SEE BUTTERCREAM DIRECTIONS NEXT PAGE

INGREDIENTS

DRY INGREDIENTS

2¾ cups (345 g) all-purpose flour (wheat)

2¼ teaspoons (10 g) baking powder

¼ teaspoon (1.5 g) salt

2 cups (400 g) sugar

WET INGREDIENTS

2 sticks salted butter (1 cup butter), softened (225 g or 8 oz)

4 large eggs (200g) (at room temperature)

1 cup (240 ml) milk

2 teaspoons (10 ml) vanilla extract

SEE BUTTERCREAM INGREDIENTS NEXT PAGE

Use only tolerated ingredients or ingredients approved by your physician.

BUTTERCREAM FROSTING

Recipe Developed by:
Wendy Elverson, RD, CSP, LDN



!!! Requires Mixer (Stand or Hand Held)

CHOCOLATE BUTTERCREAM DIRECTIONS

- 1 Melt the chocolate chips, preferably in a double boiler, over low heat and stir continually. As soon as chocolate is fully melted remove from heat.
- 2 In a large bowl, preferably using a stand mixer and the paddle attachment, beat plant-based, milk-free margarine on high speed for 3 minutes until creamy
- 3 Add the melted chocolate and beat well
- 4 Gradually, using the low speed of a mixer, add the confectioner's sugar alternating with the plant-based, milk-free beverage in 4 parts and beat until all of the sugar and plant-based, milk-free beverage are incorporated. Turn the mixer onto high speed and beat until creamy and desired texture.
- 5 Wait until cupcakes are completely cool before icing

VANILLA BUTTERCREAM DIRECTIONS

- 1 In a large bowl, preferably using a stand mixer and the paddle attachment, beat plant-based, milk-free margarine on high speed for 3 minutes until creamy
- 2 Add the plant-based, milk free beverage and beat well
- 3 Gradually, using the low speed of a mixer, add the confectioners' sugar and beat until incorporated. Next, add the vanilla and beat on a high setting until creamy and desired texture.
- 4 Wait until cupcakes are completely cooled before icing

INGREDIENTS

CHOCOLATE BUTTERCREAM INGREDIENTS

1 cup (225g) tolerated stick, plant-based, milk-free margarine

2 tablespoons (30 ml) plant-based, milk-free beverage

6 oz.(170 g) milk-free, semi-sweet chocolate chips or chocolate pieces (use milk-free if allergic to milk)

1½ teaspoons (7.5 ml) vanilla extract

1½ cups (165 g) cups confectioner's sugar (sifted)

VANILLA BUTTERCREAM INGREDIENTS

1 cup (225g) tolerated stick, plant-based, milk-free margarine

1 tablespoon plus 1 teaspoon (20 ml) plant-based, milk free beverage

1 teaspoon (5 ml) vanilla extract

4½ cups (500 g) sifted confectioners' sugar

Use only tolerated ingredients or ingredients approved by your physician.

GLUTEN-FREE BAKED EGG AND MILK BLUEBERRY MUFFINS

Recipe Developed by:
Mrs. Mieke Leurs, Dietitian

Yields: 12 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 0.50g

Egg Protein per Serving, 1g



DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 12 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a large bowl, add margarine and sugar and stir until soft
- 4 Add the eggs and the milk and stir well
- 5 Add the rice flour and baking powder and stir into a smooth dough. Do not overstir. Some small lumps may remain.
- 6 Finally add the blueberries by gently folding them into the batter
- 7 Divide the batter among the 12 lined muffin tins
- 8 Bake for 25 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 9 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

INGREDIENTS

DRY INGREDIENTS

2½ cups (400 g) rice flour (brown)

1¼ teaspoons (6 g) baking powder,
gluten-free

1¾ cups (270 g) blueberries

½ cup (120 g) plant-based, milk-free
margarine

⅓ cup (60 g) sugar

WET INGREDIENTS

2 large eggs (100 g)

¾ cup (180 ml) milk

*Use only tolerated ingredients or ingredients
approved by your physician.*



NON-STANDARD CREATIONS

ASK YOUR HEALTHCARE PROVIDER FIRST!

CONTAIN EITHER LESS THAN 1 CUP OF FLOUR
OR ARE NOT BAKED AT 350/400F (180/200C)
FOR AT LEAST 25/20 MINUTES

BAKED EGG RECIPES

**CAKE, COOKIES
& MUFFINS**

**SPEAK WITH YOUR
HEALTH CARE PROVIDER
BEFORE USING THESE
RECIPES.**

**SEE PAGE 5 FOR BASIC
GUIDELINES FOR USING
THIS COOKBOOK.**



BAKED EGG DRY COOKIES

Recipe Developed by:
Mrs. Mieke Leurs, Dietitian

Yields: 25 Cookies

Serving Size: 1 Cookie

Egg Protein per Serving, 0.25g

DIRECTIONS

- 1 In a large mixing bowl, stir the margarine gently
- 2 Add the sugar, the vanilla sugar and the egg, stir well
- 3 Add the flour and stir until you have a nice, even dough
- 4 Roll into a log, wrap in foil and let it rest in the fridge for 1 hour
- 5 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake cookies only in an oven that is **completely preheated** to 350° F (180° C).
- 6 Take the dough out of the refrigerator
- 7 Cut into equal pieces and roll them into a ball
- 8 Place the balls on a baking sheet with baking paper
- 9 Bake for 15 minutes until golden brown and firm to touch
- 10 Remove cookies from the oven and let cool for 5 minutes before removing them to a wire rack. Cool completely before serving

This recipe has a decreased baking time of 15 minutes at 350° F (180° C). Speak with your health care provider **before** using this recipe. See page 5 for Basic Guidelines for using this book.

INGREDIENTS

DRY INGREDIENTS

1½ cups (200 g) self-rising flour (wheat)

½ cup + 4 teaspoons (80 g) brown
cane sugar

5 teaspoons (20 g) vanilla sugar

WET INGREDIENTS

1 egg (50 g)

½ cup (80 g) plant-based, milk-free
margarine

*Use only tolerated ingredients or ingredients
approved by your physician.*

BAKED EGG CHEESE MUFFINS

Recipe Developed by:
*Elaine C.A Kotchetkoff, M.Sc &
Renata M. Boaventura, M.Sc*



Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

Milk Protein per Serving, 0.5g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a medium mixing bowl whisk together the dry ingredients (flour, salt, oregano, grated parmesan cheese and baking powder). Set aside.
- 4 In a medium bowl whisk wet ingredients (eggs, oil and water)
- 5 Add the dry ingredients and whisk just to combine. Do not overstir. Some small lumps may remain
- 6 Divide the batter among the 6 lined muffin tins
- 7 Bake for 30 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

This recipe contains less than 1 cup of flour. Speak with your health care provider **before** using this recipe. See page 5 for Basic Guidelines for using this book.

INGREDIENTS

DRY INGREDIENTS

½ cup (65 g) all purpose flour (wheat)

¼ teaspoon (1.5 g) salt

¼ teaspoon (0.5 g) oregano (optional)

1 tablespoon (5 g) grated parmesan cheese (Do not use cheese if allergic to cow's milk)

1 teaspoon (5 g) baking powder

WET INGREDIENTS

2 large eggs (100 g)

2 tablespoons (30 ml) vegetable oil

¼ cup (60 ml) water

Use only tolerated ingredients or ingredients approved by your physician.



BAKED EGG CAKES

Recipe Developed by:
Mrs. Hilde Winters, Dietitian

Yields: 2 Cakes
Serving Size: ½ Cake
Egg Protein per Serving, 2 g

DIRECTIONS

- 1 Preheat the oven to 350° F (180° C). This step may take 30-45 minutes. Bake cakes only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Let the margarine or butter come to room temperature and stir gently
- 3 Add the egg and the sugar. Stir well.
- 4 Add the self-raising flour and stir until smooth
- 5 Grease 2 small cake tins or mini bundt pans (1 cup/240mL size) with plant-based, milk-free margarine or butter if not allergic to cow's milk, and dust with flour.
- 6 Divide the dough between the tins
- 7 Bake in the oven for 30 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion (See page 6 -baking safety).
- 8 Let the cakes cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

OPTIONAL ORANGE GLAZE

(Contributed by Marion Groetch, MS, RDN)

- 1 Combine the juice and zest of one clementine plus ¾ cup (90g) powdered sugar. Glaze should be thick but pourable.
- 2 Pour glaze over cakes as desired

INGREDIENTS

DRY INGREDIENTS

½ cup (50 g) plus 1½ tablespoons self-raising flour (wheat)

¼ cup (50 g) sugar

WET INGREDIENTS

1 large egg (50 g)

4 tablespoons (60g) plant-based, milk-free margarine or butter. (May use butter if not allergic to cow's milk)

This recipe contains less than 1 cup of flour. Speak with your health care provider **before** using this recipe. See page 5 for Basic Guidelines for using this book.

Use only tolerated ingredients or ingredients approved by your physician.



BROWNIE MUFFINS

Recipe Developed by:
Marion Groetch, MS, RDN

Yields: 9 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 9 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 Sift together all dry ingredients (sugar, cocoa powder, flour, salt and baking powder)
- 4 Melt butter and set aside to cool slightly (if using oil you can skip this step)
- 5 In a medium bowl, beat three eggs with the vanilla. Add in and gently stir dry ingredients. Do not overstir. Some small lumps may remain
- 6 Pour the melted butter (or alternatively the 3 tablespoons of oil) into the brownie mixture and mix until just incorporated
- 7 Divide mixture evenly between the 9 muffins tins. Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top.
- 8 Bake for 25-30 minutes or until firm to the touch. Use toothpick to test, toothpick should come out clean after insertion. (See page 6 -baking safety).
- 9 Let the muffins cool for 5 minutes in the muffin tin and transfer to a wire rack. Cool completely before serving.

INGREDIENTS

DRY INGREDIENTS

1 cup (200 g) of granulated sugar

½ cup (30 g) unsweetened cocoa powder sifted

½ cup (65 g) all-purpose flour (wheat)

¼ teaspoon (1.5 g) salt

¼ teaspoon (1 g) baking powder

WET INGREDIENTS

3 tablespoons (45 ml) tolerated vegetable oil or ¼ cup (60 g/2 oz.) butter melted then cooled. (May use butter if not allergic to cow's milk)

3 large eggs (150 g) room temperature

1 teaspoon (5 ml) vanilla extract

This recipe contains less than 1 cup of flour. Speak with your health care provider **before** using this recipe. See page 5 for Basic Guidelines for using this book.

Use only tolerated ingredients or ingredients approved by your physician.



NON-STANDARD CREATIONS

ASK YOUR HEALTHCARE PROVIDER FIRST!

CONTAIN EITHER LESS THAN 1 CUP OF FLOUR
OR ARE NOT BAKED AT 350/400F (180/200C)
FOR AT LEAST 25/20 MINUTES

BAKED EGG RECIPES

WHEAT-FREE MUFFINS

**SPEAK WITH YOUR
HEALTH CARE PROVIDER
BEFORE USING THESE
RECIPES.**

**SEE PAGE 5 FOR BASIC
GUIDELINES FOR USING
THIS COOKBOOK.**

BOXED MIX: GLUTEN-FREE SWEET YELLOW CORN MUFFINS

USING HODGSON MILL® GLUTEN FREE MIX

Recipe Adapted from:
*Hodgson Mill® Sweet Yellow
Cornbread mix*

Yields: 12 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 1g

Milk Protein per Serving (if cow's milk is used), 0.67g

DIRECTIONS

- 1 Preheat oven to 375° F (190° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 375° F (190° C).
- 2 Line a muffin pan with 12 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 Mix all ingredients well in a bowl. Do not overstir. Some small lumps may remain.
- 4 Divide the batter among the 12 lined muffin tins
- 5 Bake for 20 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 6 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: **Do not use a boxed mix if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12.*

This recipe has a decreased baking time of 20 minutes at 375° F (190° C). Speak with your health care provider **before** using this recipe. See page 5 for Basic Guidelines for using this book.

INGREDIENTS

DRY INGREDIENTS

1 box, 12 oz. (340 g) of Hodgson Mill® gluten free sweet yellow corn bread mix*

WET INGREDIENTS

1 cup (240 ml) tolerated plant-based beverage or milk (May use milk if not allergic to cow's milk)

2 large eggs (100 g)

½ cup (120 ml) canola oil

Use only tolerated ingredients or ingredients approved by your physician.

BOXED MIX: HONEY CORNBREAD MUFFINS

USING KRUSTEAZ® GLUTEN FREE MIX

Recipe Adapted from:
Krusteaz® Gluten Free Honey Cornbread mix



Yields: 12 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 1g

Milk Protein per Serving (if cow's milk is used), 0.67g

DIRECTIONS

- 1 Preheat oven to 375° F (190° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 375° F (190° C).
- 2 Line a muffin pan with 12 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 Mix all ingredients well in a large, mixing bowl. Do not over-stir. Some small lumps may remain.
- 4 Divide the batter among the 12 lined muffin tins
- 5 Bake for 20 minutes until golden brown and firm to touch. Insert a toothpick to test. Toothpick should come out clean after insertion. (See page 6 -baking safety).
- 6 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: **Do not use a boxed mix if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12.*

This recipe has a decreased baking time of 20 minutes at 375° F (190° C). Speak with your health care provider **before** using this recipe. See page 5 for Basic Guidelines for using this book.

INGREDIENTS

DRY INGREDIENTS

1 box, 15 oz. (425 g) Krusteaz® Gluten Free honey cornbread mix*

WET INGREDIENTS

1 cup (240 ml) unsweetened tolerated plant-based beverage or milk (May use milk if not allergic to cow's milk)

2 large eggs (100 g)

½ cup (75 ml) canola oil

Use only tolerated ingredients or ingredients approved by your physician.



NON-STANDARD CREATIONS

ASK YOUR HEALTHCARE PROVIDER FIRST!

CONTAIN EITHER LESS THAN 1 CUP OF FLOUR
OR ARE NOT BAKED AT 350/400F (180/200C) FOR
AT LEAST 25/20 MINUTES

BAKED MILK RECIPES

CRACKERS &
MUFFINS

SPEAK WITH YOUR
HEALTH CARE PROVIDER
BEFORE USING THESE
RECIPES.

SEE PAGE 5 FOR BASIC
GUIDELINES FOR USING
THIS COOKBOOK.

BAKED MILK VANILLA MUFFINS

Recipe Developed by:
Elaine C.A. Kotchetkoff, M.Sc &
Renata M. Boaventura, M.Sc



Yields: 6 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a medium mixing bowl whisk together the dry ingredients (flour, sugar, milk powder, salt and baking powder). Set aside.
- 4 In a medium bowl whisk wet ingredients (vanilla extract, smashed banana or apple puree, oil and water)
- 5 Add the dry ingredients and whisk just to combine. Do not overstir. Some small lumps may remain.
- 6 Divide mixture evenly between the 6 muffins tins
- 7 Bake for 30 minutes or until golden brown and firm to the touch. Use toothpick to test, toothpick should come out clean after insertion. (See page 6 -baking safety).
- 8 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *If you do not have a gram scale see page 11 for information on converting grams of non-fat dry milk powder to household measurements. Volume will vary based on the brand of nonfat dry milk powder used.

INGREDIENTS

DRY INGREDIENTS

½ cup (65 g) all-purpose flour (wheat)

¼ cup (50 g) sugar

23 g of nonfat milk powder *

A pinch of salt (optional)

1 teaspoon (5 g) baking powder

WET INGREDIENTS

½ teaspoon (2.5 ml) vanilla extract

2 tablespoons (30 g) smashed banana or apple puree

2 tablespoons (30 ml) vegetable oil

¼ cup (60 ml) water

This recipe contains less than 1 cup of flour. Speak with your health care provider **before** using this recipe. See page 5 for Basic Guidelines for using this book.

Use only tolerated ingredients or ingredients approved by your physician.

PARMESAN FLATBREAD CRACKERS

Recipe Developed by:
Allison Schaible, MS, RDN

Yields: 20 Crackers

Serving Size: 1 Cracker

Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake only in an oven that is **completely preheated** to 350° F (180° C).
- 2 In a large bowl, whisk together flours, salt and parmesan cheese
- 3 Add the cold butter, thoroughly mixing by hand or with a mixer until no large pieces remain
- 4 Continue to mix, while slowly adding milk to the dough
- 5 Press the dough together into a large ball, being sure to incorporate all of the milk. Weigh the total dough ball on a scale and note the weight.
- 6 Divide dough into 20 equal pieces. Each piece (1/20th of the ball) will be 1 serving.
- 7 Taking 1 piece of dough at a time, flatten it and place it on a lightly floured work surface. Roll the dough into a rough square shape to about 1/8" thick or slightly less.
- 8 Line a baking sheet with parchment paper or aluminum foil. Transfer the rolled dough crackers onto the baking sheet, being sure to separate them so they do not touch one another. Repeat with the remaining pieces of dough. You may need to do this in two batches depending on the size of your baking sheet. Sprinkle with coarse sea salt if desired.
- 9 Cover the crackers with aluminum foil and bake for 20 minutes. Remove foil. If crackers still appear wet, recover with foil and bake a few minutes longer. Once fully baked, remove the foil and bake 1-2 minutes longer to brown if needed.
- 10 Remove from the oven and let cool on the baking sheet
- 11 Once cooled, store in an airtight container at room temperature

This recipe has a decreased baking time of 20 minutes at 350° F (180° C). Speak with your health care provider **before** using this recipe. See page 5 for Basic Guidelines for using this book

INGREDIENTS

DRY INGREDIENTS

1/2 cup (60 g) 100% whole wheat flour

1/2 cup (65 g) all purpose flour (wheat)

1/8 teaspoon (0.75 g) salt

1/2 cup (60 g) grated parmesan cheese
(where 2 tsp (5g) contains 2 g of protein)

Sea-salt for finishing

WET INGREDIENTS

1/4 cup (60 g or 2 oz.) cold unsalted butter

1/4 cup (60 ml) milk (whole, 1% or 2%)

Coarse sea salt for topping (if desired)

Use only tolerated ingredients or ingredients approved by your physician.



NON-STANDARD CREATIONS

ASK YOUR HEALTHCARE PROVIDER FIRST!

CONTAIN EITHER LESS THAN 1 CUP OF FLOUR
OR ARE NOT BAKED AT 350/400F (180/200C) FOR
AT LEAST 25/20 MINUTES

BAKED MILK RECIPES

WHEAT-FREE MUFFINS

**SPEAK WITH YOUR
HEALTH CARE PROVIDER
BEFORE USING THESE
RECIPES.**

**SEE PAGE 5 FOR BASIC
GUIDELINES FOR USING
THIS COOKBOOK.**



GLUTEN-FREE BANANA CHOCOLATE CHIP MUFFINS

Recipe Developed by:
Taryn Brennan, RD

Yields: 9 Muffins

Serving Size: 1 Muffin

Milk Protein per Serving, 1.33g

DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Line a muffin pan with 9 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a medium sized mixing bowl, combine the dry ingredients except the chocolate chips (flour blend, salt, cinnamon, baking soda, baking powder and dry milk powder). Whisk dry ingredients together and set aside.
- 4 In a large mixing bowl combine wet ingredients (applesauce, mashed banana, canola oil, apple cider vinegar, vanilla and brown sugar). Whisk wet ingredients together until well combined.
- 5 Add dry ingredients to wet and stir with a rubber spatula until well combined. Do not overstir. Some small lumps may remain.
- 6 Divide mixture evenly between the 9 muffins tins
- 7 Sprinkle chocolate chips on top before baking
- 8 Bake for 20 minutes or until firm to the touch. Use toothpick to test, toothpick should come out clean after insertion. (See page 6 -baking safety).
- 9 Let the muffins cool 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Do not use this flour blend if it contains an allergen you are avoiding. Please read all labels as labels can change without warning. Additional information on precautionary labeling, such as may contain, can be located in the frequently asked questions section on page 12. **If you do not have a gram scale see page 11 for information on converting grams of nonfat dry milk powder to household measurements. Volume will vary based on the brand of nonfat dry milk powder used.

This recipe contains less than 1 cup of flour and has a decreased baking time of 20 minutes at 350° F (180° C). Speak with your health care provider **before** using this recipe. See page 5 for Basic Guidelines for using this book.

INGREDIENTS

DRY INGREDIENTS

- 1 cup (120 g) King Arthur® Gluten Free All Purpose Flour Blend*
- ¼ teaspoon (1.5 g) salt
- ¼ teaspoon (0.5 g) cinnamon
- ¼ teaspoon (1g) baking soda
- ¼ teaspoon (1g) Rumford® brand baking powder (no substitutions please)
- 34 g of dry milk powder** (11.9 grams protein)
- 4 teaspoons (20 g) Enjoy Life Brand® allergy friendly mini chocolate chips (optional)

WET INGREDIENTS

- 1 banana (100 g)- mashed with fork
- ½ cup (120 g) applesauce
- ½ cup + 2 teaspoons (130 ml) canola oil
- ½ teaspoon (2.5 ml) apple cider vinegar
- ½ teaspoon (2.5 ml) vanilla extract
- ½ cup + 2 teaspoons (80 g) brown sugar

Use only tolerated ingredients or ingredients approved by your physician.

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