



Allergy and Asthma Associates, P.A.

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Instructions for Baked Egg in Cake

- Choose any commercial cake mix
- Most standard recipes call for one egg in the batter. However, **the baked egg challenge requires 3 eggs per recipe.** (The size of the eggs does not matter.)
- All other ingredients are as listed for the standard recipe
- If you are worried that your child is a finicky eater and might balk at eating the baked product, please feel free to add a favorite item to the batch, such as blueberries or chocolate chips (dairy-free or regular)
- Be sure to use water or milk substitute if the recipe calls for milk and your child is milk-allergic

Very Important Points

1. Spread the prepared batter evenly in a rectangular or square baking pan.
2. **Do NOT use a round pan or a muffin/cupcake pan**
3. Bake for approximately 30 minutes at 350 degrees
4. The final product should be baked long enough to be dry on the inside
5. Bring the entire product to the office for the challenge in the original baking pan uncut
(Note: No, we will not expect your child to eat it all. We will offer it as carefully measured fractions of the whole during the challenge).

If a child is quite young and has a small appetite, we might not be able to reach the full-dose goal. But that's okay. If a lesser amount is well tolerated, you will be able to pick up with further advancement of baked egg at home with full knowledge that this can proceed without risk of serious reaction. It helps if your child is HUNGRY when the challenge starts!

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