

TABLE E1. Baked-egg recipe developed at the Jaffe Food Allergy Institute

Yield: 6 muffins (1/3 egg per muffin)

Ingredients:

- 1 cup flour (or flour substitute)
- ¼ teaspoon salt
- 2 tablespoons rice milk (or soy milk, cow's milk, almond milk)
- 1 teaspoon baking powder
- ¼ teaspoon cinnamon
- 2 eggs
- ½ cup sugar
- ¼ cup corn oil
- ½ teaspoon vanilla
- 1 cup mashed ripe banana or applesauce

Directions:

1. Preheat oven to 350° F.
 2. Line a muffin pan with 6 muffin liners.
 3. Mix the liquid ingredients: milk or milk substitute, canola oil, vanilla extract, mashed ripe banana or applesauce, and eggs. Set aside.
 4. In a separate mixing bowl, mix the dry ingredients (flour, sugar, salt, cinnamon, baking powder).
 5. Add the liquid ingredients to the dry ingredients. Stir until combined. Some small lumps may remain.
 6. Divide the batter into the 6 prepared muffin liners. Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top. If you make more than 6 muffins, please note how many muffins you made and bring at least 2 muffins with you on the day of the challenge.
 7. Bake for 30 to 35 min or until golden brown and firm to the touch.
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TABLE E2. Instructions for home introduction of baked egg (for patients who pass baked-egg OFC)

All parents are recommended to add baked-egg products into the child's regular diet if they pass a baked-egg OFC

Examples of products include the following:

Store-bought baked products with egg listed as the third ingredient or further down the list of ingredients

Home-baked products that have 1 egg per 1 cup flour or 1 to 2 eggs per batch of a recipe (yield 6 servings)

If home-baked products are offered, we recommend feeding 1 serving at a time (with at least 2 h between servings)

Examples of products that have egg and do not qualify as baked egg:

Caesar salad dressing

Custard

Eggs in natural form: hard-boiled, scrambled, poached, etc

French toast

Frosting for cakes and pastries

Mayonnaise

Quiche