

## Food Challenge for Extensively Heated Milk (Baked Milk Challenge)

The goal for a baked milk food challenge is to have the child eat a known amount of milk in a baked product, such as a cake, cupcake or muffin. This is usually ¼ cup of baked milk.

You need to use at least 1 cup milk (does not matter if it is skim, 1%, 2% or whole milk), **plus** add 1/3 cup of instant dry milk powder to the recipe.

If you do not use the recipe that follows, please bring the recipe you did use, so we can adjust the dose. If your child has a wheat allergy, use a gluten free mix that calls for 1 cup milk or water and add the dried milk powder as well.

### Prepare for the Food Challenge

1. Do not give antihistamines for the 5 days before the food challenge. The one exception is diphenhydramine (Benadryl®), which you can use up to 24 hrs before the food challenge.
2. Give other allergy and asthma medicines as normal.
3. If your child is sick on the day of the food challenge, call the clinic to reschedule. Your child needs to be well for a food challenge.

### Sample Recipe

Duncan Hines Yellow Cake Mix, 15.25oz

### What You Will Need

- Replace water with 1 cup milk **plus** 1/3 cup dried milk powder (mix the powdered milk into the cup of wet milk)
- 1/3 cup vegetable oil
- 3 large eggs or egg-replacer

### Pan Size/Bake Time

- 13 x 9-inch: 32-35 minutes
- 24 cupcakes: 18-21 minutes

1. **Prep:** Preheat oven to 350° F for metal or glass pans. Preheat to 325° F for dark or coated pans\*. Grease sides and bottom of each pan. Flour lightly. (Use baking cups for cupcakes).
2. **Mix:** Blend dry mix, milk, milk powder, oil and eggs (or egg replacer) in large bowl at low speed until moist (about 30 seconds). Beat at medium speed for 2 minutes. Pour batter in pans and bake right away.
3. **Bake:** Follow bake times above. Add 3-5 minutes to bake time for dark or coated pans. Cake is done when toothpick inserted in center comes out clean. Cool in pan on wire rack for 15 minutes. Cool all the way before frosting.
4. **Cut:** 13x9-inch cake into 12 equal pieces
5. You only need to bring 6 pieces of cake or 6 cupcakes to the food challenge.

**Pediatric Allergy Clinic: 608-263-6180**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#513.