

Food Challenge for Extensively Heated Egg (Baked Egg Challenge)

The goal for a baked egg food challenge is to have your child eat a known amount of egg in a baked product, such as cake, cupcake or muffin. This dose is about ¼ of a baked egg.

Please use the recipe in this handout, if you can. **If you do not, please bring in a copy of your recipe to clinic, the day of your challenge.** Your recipe should have at least 2-3 eggs in it, so your child’s goal dose is right for their age. If your child has a wheat allergy, you can use a gluten free cake or muffin mix that calls for 2-3 eggs.

Prepare for the Food Challenge

1. Do not give antihistamines for 5 days before the food challenge. You **can** give diphenhydramine (Benadryl®), which you can use up to 24 hrs before the food challenge.
2. Give other allergy and asthma medicines as usual.
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 for Baked Egg Food Challenge

What You Will Need

- Duncan Hines Yellow Cake Mix, 15.25oz
- 1 cup water
- 1/3 cup vegetable oil
- 3 large eggs

Pan Size/Bake Time:

- 13 x 9-inch: 23-28 minutes OR
- 24 cupcakes: 18-21 minutes

1. **Prep:** Preheat oven to 350°F. for metal or glass pans, 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, water, oil and eggs in large bowl at low speed until moistened (about 30 seconds). Beat at medium speed for 2 minutes. Pour batter in pans and bake right away.
3. **Bake:** Follow bake times on box. 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. **Bring half the cake or 6 cupcakes (if you make cupcakes)** to the clinic visit.

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#514.