BAKED MILK CHALLENGE RECIPE

The goal for a baked milk food challenge is to have the child eat a known quantity of milk in a baked product, such as a cake or muffin. This is usually ¼ cup of baked milk. The recipe provided does not have to be used, another cake or baked product baked at home could also be used. It is important to use at least 1 cup milk (does not matter if it is skim, 1%, 2% or whole milk), as well as add 1/3 cup of instant dry milk powder (1/3 cup instant dry milk powder=1 cup of milk, any brand can be used) to the recipe. The baked product is now equal to 2 cups milk and the child will not have to eat as much to get to their goal dose. If you do not use the following sample recipe, please bring the recipe for the baked good you use. If your child has a wheat allergy, bake a gluten free cake or muffin that calls for 1 cup milk or water, that you substitute with milk.

Sample recipe:
Duncan Hines Yellow Cake Mix OR
Gluten Free Yellow Cake mix that makes a 2 layer cake

You Will Need:

- Replace water with 1 cup MILK PLUS 1/3 CUP DRIED MILK POWDER (helpful hint: mix the powdered milk into the cup of wet milk)
- 1/3 Cup Vegetable Oil
- 3 Large Eggs or Egg-Replacer equivalent

Pan Size/Bake Time:

- 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 or 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 moistened (about 30 seconds). BEAT at medium speed for 2 minutes. POUR batter in pans and bake immediately.
3. **Bake:** 18-21 min. 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
4. The “dose” is ¼ cup of milk which is 3 cupcakes (if 24 cupcakes are made).

You only need to bring 6 cupcakes to the food challenge. This allows for spillage.