



Allergy and Asthma Associates, P.A.

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Instructions for Baked Milk in Cake

- Choose any commercial cake mix
- A gluten-free cake/muffin mix that calls for one cup of milk is also okay
- Replace water with 1-cup milk plus 1/3-cup of dried milk powder
- Combine the powdered milk into the cup of wet milk before adding to the mix
- Even if the recipe calls specifically for just 1-cup milk be sure to add the dried milk as mentioned above
- You may use skim, 1%, 2% or whole milk
- 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
- Be sure to use egg substitute if the recipe calls for egg and your child is allergic (some substitutes for **one egg** include using ¼ cup applesauce or ¼ cup mashed banana or ¼ cup vegetable oil)

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 milk 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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