



Heat Treated Egg Recipes:

✓ *Please avoid antihistamine use approximately 5-7 days prior to challenge appointment date*

Muffin Recipe:

1 cup flour
¼ teaspoon salt
2 teaspoon rice milk
1 teaspoon baking powder
¼ teaspoon cinnamon
2 eggs
½ cup sugar
¼ cup corn oil
½ teaspoon vanilla
1 large ripe banana or apple

Combine ingredients, pour into muffin tin to make 6 muffins of equal size. Bake at 350 degrees for 30 minutes.
Yields 6 muffins (1/3 egg in each).

Meatball Recipe:

½ pound ground beef
1 egg
3-4 tablespoons breading
Dash of salt

Mix half of the breading with the mixture, roll 8 meatballs then roll them in remaining breading. Heat oil pan and cook for 3-4 minutes until brown, then bake for another 25 minutes at 350 degrees.

4 meatballs are a serving (including ½ egg per serving)