



Heat Treated Milk Recipe:

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

Muffin Recipe:

1 cup flour

¼ tsp salt

1 cup milk

2 tsp baking powder

¼ tsp cinnamon

¼ cup applesauce (or can use 2 eggs if no egg allergy exists)

½ cup sugar

½ tsp vanilla

Bake at 350 degrees for 30 minutes.