

Example of challenge food to bring/make

Challenge food	What to bring	Suggested carrier foods
Cow milk	Cow milk formula (for babies) Fresh cow's milk (for children > 1yo)	Not usually required however if child does not like the taste bring flavoured toppings/nesquik
Soy milk	Soy milk formula (for babies) Fresh soy milk (for children > 1yo)	Not usually required however if your child does not like the taste bring flavoured topping/nesquik
Cooked Egg Raw	2x raw eggs	Cooked Egg - sauce, avocado, pureed vegies, Raw Egg - Yoghurt, thick shake, ice cream, pureed fruit
Wheat	1 cup plain wheat flour	Pureed fruit/vegies, smoothie, yoghurt,
Peanuts	Smooth peanut butter Or 50 – 100gm ground nut	Biscuits/crackers/bread If using ground nut – yoghurt, ice cream, smoothies, custard
Tree nuts	50-100g of the ground nut that is to be challenged	Yoghurt, thick shake/smoothie, ice-cream, pureed fruit or vegies, custard
Sesame Seed	Tahini paste Sesame	Biscuits/bread, Bread and butter or yoghurt, pureed fruit or vegies
Meat/Fish	1 child's serve: cooked (around 250g)	Sauce, soy sauce, pureed vegies
Melted cheese	2x slices Kraft cheese, 2 x slices bread	To be baked for 13 minutes at 220 at MACCS
Baked milk	See below recipe	You can add icing to cupcakes or put fruit in eg, raspberries
Baked egg	See below recipe	You can add icing to cupcakes or put fruit in eg, raspberries

Baked Egg Muffin Recipe

Muffin ingredients (12 muffins)

- 100g of room temperature butter or Nuttalex margarine (or other milk free margarine if cow's milk allergic)
- 160g of sugar
- 220g of sifted self-raising flour (if allergic to wheat, use appropriate flour e.g. soy, rice)
- 125mL of milk child is tolerant to (e.g. cow's, soy, rice etc)
- 2 large (50g) sized eggs (room temperature)
- Muffin tray (12 muffins) and muffin cups

Instructions

1. Pre-heat conventional oven to 180°C (fan force oven 165°C)
2. Mix butter and sugar until creamy
3. Add 2 eggs and mix
4. Add flour & milk and combine on low speed
5. Place muffin cups into the tray
6. Distribute batter evenly into each muffin cup
7. Bake for 20 mins or until slightly golden brown and firm to touch

On the day

Bring 2 muffins for the challenge
The challenge will consist of a maximum of one whole muffin

Baked Milk Muffin Recipe

Muffin ingredients (10 muffins)

- 125 g of butter at room temp
- 160 g of sugar
- 200 g of sifted self-raising flour (if allergic to wheat, use appropriate flour – e.g. soy, rice and baking powder - approx. 1tsp if required)
- 250 ml of milk
- 2 eggs or egg substitute (room temp)
- Muffin tray (12 muffins) and **use only** 10 large muffin cups

Instructions

1. Pre-heat conventional oven to 180°C (165 fan forced)
2. Add softened butter and sugar and mix on low speed until creamy
3. Add the two eggs and mix on low speed until combined
4. Add alternative equal amounts of sifted flour and milk whilst mixing on low speed until all flour and milk has been added
5. Combine ingredients on medium speed until smooth
6. Add optional 1 teaspoon vanilla essence
7. Place muffin cups into the tray and distribute batter evenly into each of 10 muffin cups
8. Bake for 20-25 minutes or until slightly golden brown and just firm to touch (or test with skewer)

On the day

Bring 2 muffins for the challenge
The challenge will consist of a maximum of one whole muffin