



# COW'S MILK AND EGG REINTRODUCTION RECIPES

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Part of Thrive Allergy free book

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# ABOUT FOOD REINTRODUCTION

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# ABOUT FOOD REINTRODUCTION

Food Reintroduction is considered a safe way to resume a food considered an allergen to a child's meal. The beauty of reintroduction is that it is monitored, and safety is of paramount importance throughout the process.

Do note that with cow's milk protein allergy many children grow out of it. However, with reintroduction in a step-wise manner with the ladder, you enable your child to be able to tolerate some milk products. In some cases, tolerate most milk products.

It is important to have a conversation with a paediatric dietitian in preparation for reintroduction as this can be carried out at home or in a controlled environment with healthcare professionals depending on the severity of the child's allergy. For mild to moderate allergic reaction it can occur at home with guidance from a dietitian.

In this Reintroduction Recipe book I will be sharing recipes for Cow's milk protein allergy (CMPA) and Egg allergy reintroduction at home. These recipes are based on iMAP and NHS recommendation. I have also used these for my daughter during her reintroduction to cow's milk and egg.

I hope you find it useful as they were very useful for us.

Much love,  
Dr. Uche Okorji-Obike





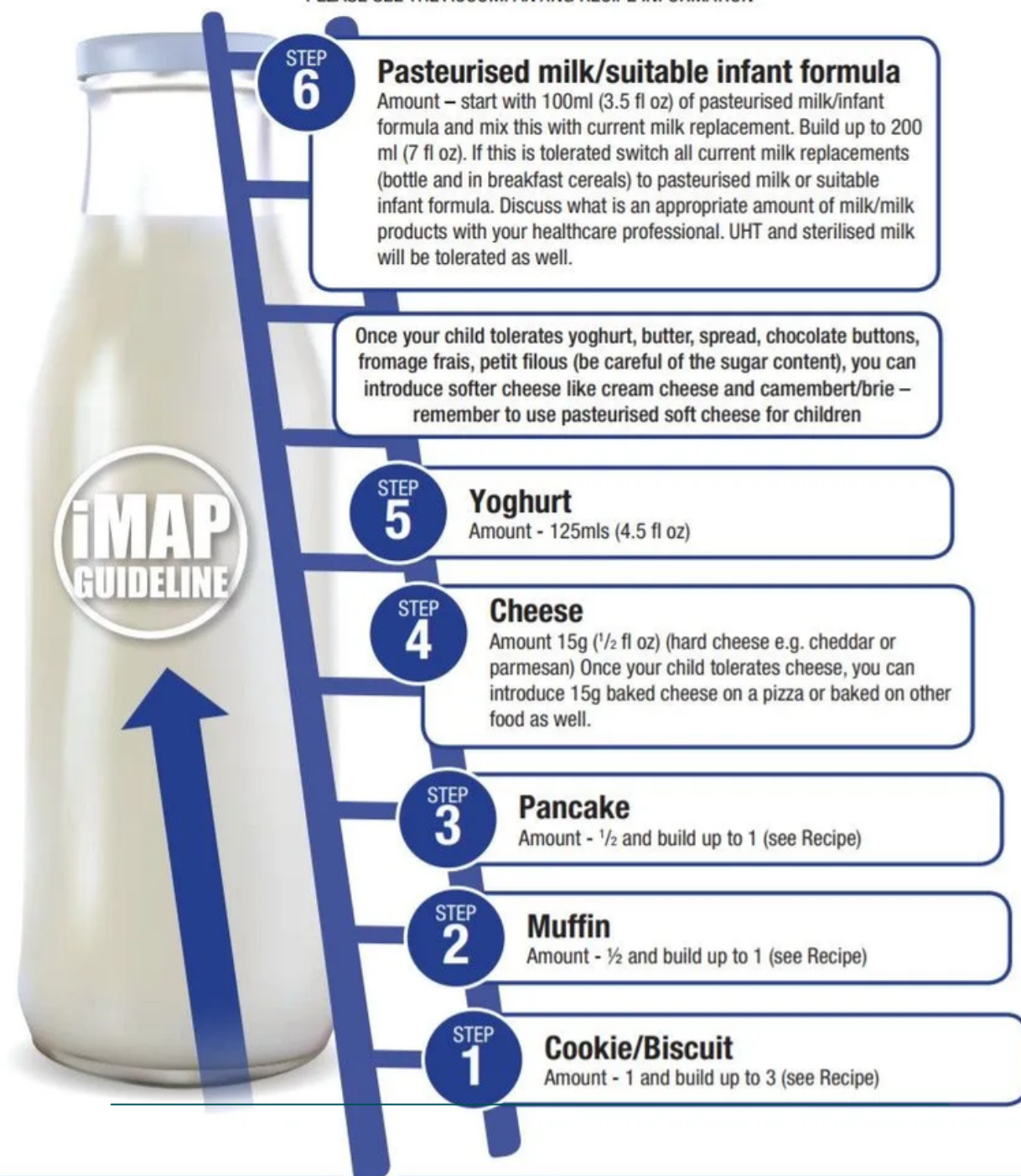
# COW'S MILK PROTEIN REINTRODUCTION RECIPES

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# THE iMAP MILK LADDER

To be used only in children with Mild to Moderate Non-IgE Cow's Milk Allergy  
Under the supervision of a healthcare professional  
PLEASE SEE THE ACCOMPANYING RECIPE INFORMATION



## AT EACH OF THE FOLLOWING STEPS

### Cookie, muffin, pancake, cheese and yoghurt

It may be advisable in some cases to start with a  $\frac{1}{4}$  or a  $\frac{1}{2}$  of that particular food and then over a few days to gradually build up to a whole portion - Please ask your healthcare professional for guidance on this

**THE LOWER STEPS ARE DESIGNED TO BE USED WITH HOME MADE RECIPES. THIS IS TO ENSURE THAT EACH STEP HAS THE APPROPRIATE MILK INTAKE. THE RECIPES WILL BE PROVIDED BY YOUR HEALTHCARE PROFESSIONAL**  
Should you wish to consider locally available store-bought alternatives - seek the advice of your healthcare professional Re: availability



# STEP 1 – COOKIE OR BISCUIT (SWEET OR PLAIN)

Sweet and scrumptious, these cookies make for the perfect snack. It is easy to make and healthy for the child with no processed sugar. It is a good start for the reintroduction journey suitable for children from toddlers on solids.



## INGREDIENTS

Ingredient	tsp/ tbsp/ cup	g/ mL	oz/lb
Flour (wheat or wheat free)	1 cup	125g	4.5oz
Xanthan gum (only when wheat free flour is used)	1/4 teaspoon	1g	
Cold dairy free spread	1/4 cup	50g	1 3/4 oz
Grated or pureed fruit (e.g. apple/ pear/ banana)	1/4 - 1/3 cup (NB - this will vary depending on the fruit)		
Skimmed/ non-fat milk powder	1 teaspoon	2g	
Vanilla powder	Tip of knife		

## DIRECTION

- 1 Heat oven to 180C or 350F.
- 2 Mix the flour, xanthan gum and milk powder.
- 3 Rub in the cold dairy free spread
- 4 Mix in the fruit and vanilla powder. You can add in more fruit if the dough is too dry. Rest the dough in the fridge for 30min .
- 5 Roll out and cut into 20 finger sized strips
- 6 Bake for 10 - 15min. Depending on the size of cookie/ biscuit.



# STEP 1 – COOKIE OR BISCUIT (SAVOURY)

Fancy trying something different for your child or something savour? These savoury cookies fits the brief. It is easy to make and healthy for the child with no processed sugar. It is a good start for the reintroduction journey suitable for children from toddlers on solids.



## INGREDIENTS

Ingredient	tsp/ tbsp/ cup	g/ mL	oz/lb
Flour (wheat or wheat free)	1 cup	125g	4.50z
Xanthan gum (only when wheat free flour is used)	1/4 teaspoon	1g	
Cold dairy free spread	1/4 cup	50g	1 3/4 oz
Grated Dairy free Cheese	1/3 cup	40g	1 1/4 oz
Skimmed/ non-fat milk powder	1 teaspoon	2g	
Water	2 table spoons	10 mL	
finely chopped Spinach (optional)	hand full		

## DIRECTION

- 1 Heat oven to 180C or 350F.
- 2 Mix the flour, xanthan gum and milk powder.
- 3 Rub in the cold dairy free spread
- 4 Mix in the grated DAIRY FREE CHEESE.
- 5 Optional - mix in finely chopped baby spinach.
- 6 Add water and mix in. A bit more water can be added if it is too dry
- 7 Roll out and cut into 20 finger sized strips
- 8 Bake for 10 - 15min. Depending on the size of cookie/ biscuit.





## MORE INFORMATION ON STEP 1 OF THE MILK REINTRODUCTION

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Reintroduction is a  
gradual process that  
needs not to be  
rushed.



For the STEP 1 of the  
reintroduction, start with 1  
cookie/ biscuit. This is equivalent  
to 1mL of milk.

Subsequently increase to 2 and  
then 3 cookies/ biscuit. 3 cookies/  
biscuit is equivalent to 3mLs of  
milk

Remember it is a gradual process  
and at such do not push your child  
to move on to the next step if they  
are not yet ready.

# STEP 2 – MUFFIN (SWEET / PLAIN)

This base recipe for gorgeous fruit muffins can add a variety to your child's food reintroduction journey. For healthier option use non processed sugar outlined. It makes for a perfect addition to the breakfast meal or a perfect snack. Perfect for reintroduction journey.



## INGREDIENTS

Ingredient	tsp/ tbsp/ cup	g/ mL	oz/lb
Flour (wheat or wheat free)	2 cups	205g	8 oz
Xanthan gum (only when wheat free flour is used)	1/2 teaspoon	3g	
Baking powder	2 1/2 teaspoon	10 g	1/3 oz
Sugar - if your child is older you can add 2-3 tablespoons level. Non processed sugar like plant nectar can be used	2 level tbsp	25 g	2/3 oz
Salt	pinch		
Sunflower oil or Canola oil	1/4 cup	50mL	1 2/3 fl oz
Milk	1 cup	250 ml	8 fl oz
Fruit: apple/ pear/ banana	1/2 cup and 1 tbsp	110g	3.9 oz

## DIRECTION

- 1 Heat the oven the oven to 180C - 200C or 350F - 400F and fill the cupcake tray with cases if cases are being used.
- 2 Mix the flour, xanthan gum, baking powder, sugar and salt.
- 3 Mix oil and milk together with a whisk. This makes the muffin light and airy.
- 4 Add chopped or mashed fruit into the mixture and vanilla (optional). Mix until combined.
- 5 Spoon the mixture into the cupcake cases or muffin case.
- 6 Bake for 15 - 20 mins until golden brown and/ or a skewer inserted into the middle of each cake comes out clean. Leave to cool on a wire rack.





# STEP 2 – MUFFIN (SAVORY)

This base recipe for savoury muffins is great for a child's food reintroduction journey. It is simple to make and can be spiced up with leafy vegetables like kale and spinach. If using vegetable ensure that it is in a consistency (puree or finely chopped) suitable for your child. It makes for a perfect addition to the breakfast meal or a perfect snack.



## INGREDIENTS

Ingredient	tsp/ tbsp/ cup	g/ mL	oz/lb
Flour (wheat or wheat free)	2 cups	205g	8 oz
Xanthan gum (only when wheat free flour is used)	1/2 teaspoon	3g	
Baking powder	2 1/2 teaspoon	10 g	1/3 oz
Salt	pinch		
Sunflower oil or Canola oil	1/4 cup	50mL	1 2/3 fl oz
Milk	1 cup	250 ml	8 fl oz
Grated DAIRY FREE CHEESE	1/2 cup	60 g	2 oz

## DIRECTION

- 1 Heat the oven the oven to 180C - 200C or 350F - 400F and fill the cupcake tray with cases if cases are being used.
- 2 Mix the flour, xanthan gum, baking powder, sugar and salt.
- 3 Mix oil and milk together with a whisk. This makes the muffin light and airy.
- 4 Add DAIRY FREE CHEESE and a bit of water if required. Add finely chopped spinach or pureed kale to add colour and fibre (optional). Mix until combined.
- 5 Spoon the mixture into the cupcake cases or muffin case.
- 6 Bake for 15 - 20 mins until golden brown and/ or a skewer inserted into the middle of each cake comes out clean. Leave to cool on a wire rack.



## MORE INFORMATION ON STEP 2 OF THE MILK REINTRODUCTION

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Reintroduction is a  
gradual process that  
needs not to be  
rushed.



For the STEP 2 of the reintroduction, start with half a muffin and then one muffin. Half a muffin is equivalent to 12.5 mL of milk and one muffin is equivalent to 25mL of milk which is 0.875g milk protein per portion. This is equivalent to 1mL of milk.

Subsequently increase the portion of muffin.

Ensure the child can tolerate the increase in the amount of milk offered before progressing to the next step.



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# STEP 3 – PANCAKE

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Sweet and scrumptious, these cookies make for the perfect snack. It is easy to make and healthy for the child with no processed sugar. It is a good start for the reintroduction journey suitable for children from weaned toddlers



## INGREDIENTS

Ingredient	tsp/ tbsp/ cup	g/ mL	oz/lb
Flour (wheat or wheat free)	1 cup	125g	4.50z
Baking powder	2 1/2 teaspoon	10g	1/3 oz
Salt	1/4 tsp	1-2g	pinch
Sunflower or Canola oil	2 tablespoon	30mL	1 fl oz
Milk	1 cup	250mL	8 fl oz
Water	2/3 cup	50mL	1.5 fl oz

## DIRECTION

- 1 Add all the ingredients into a mixing bowl and mix together.
- 2 Fry in a hot pan
- 3 Mix things up by adding berries to the pancake mix before frying or serve with berries.
- 4 This recipe is for 6 pancakes.

## MORE INFORMATION ON STEP 3 OF THE MILK REINTRODUCTION

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Reintroduction is a  
gradual process that  
needs not to be  
rushed.



For the STEP 3 of the cow's milk protein reintroduction, start with half a pancake and then one pancake. Half a pancake is equivalent to 21 mL of milk (0.735g milk protein) and one pancake is equivalent to 42mL of milk which is 1.47g milk protein per portion.

Some children do not like cake or pancake textures. For these children there is the option of boiling a small potato portion. Add 42 mL of milk (equivalent to 1.3g protein) and some milk free spread. Cover with foil and bake in the oven for 40 minutes at 180C - 200C (or 350F - 400F).



# EGG REINTRODUCTION RECIPES

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# INTRODUCTION TO EGG REINTRODUCTION



Similar to cow's milk protein allergy, most of children with egg allergy can grow out of egg allergy. However it is important to note that the speed with which the egg allergy may vary from child to child. It is important to note that the reactions do not become severe over time.

The process through which an egg is cooked can affect how much egg protein is broken down. Factors like temperature, amount of egg and length of cooking can affect this. Raw or undercooked eggs are more likely to cause a reaction than well-cooked egg.

Egg reintroduction can be done in stages.

- Starting with **Stage 1** is suitable for a child that has been avoiding all products with egg in them.
- Starting with **Stage 2** is appropriate for a child that can tolerate well-cooked egg in foods. .

A dietician can further support with egg reintroduction.

Please note that the egg reintroduction here is what I used for my daughter and based on the NHS Children & Young People's Health Services Cambridgeshire guidance.



# MORE ON EGG REINTRODUCTION



## STAGE 1 – COOKED EGG

1. Bake fairy cupcakes starting with the one-egg recipe. Do ensure that other ingredients are well tolerated by the child.
2. Start by rubbing a small amount of cake on the inner parts of the lips.
3. Wait for 30 minutes and watch out for signs of an allergic reaction. This may include, itching, redness (this may not apply for dark skin tones), swelling, hives, abdominal pain, wheezing, or vomiting.
4. If no symptoms are observed, proceed to a pea-sized amount.
5. After 1-2 days give twice the amount of cake if no symptoms are observed.
6. Repeat step 5 until the cake is finished. In some children, symptoms like worsening of eczema may occur. Other symptoms may occur hours or next day. If symptoms occur, do not give any more cake and give a dose of antihistamine.

This process can be repeated using a fairy cake made from two-egg recipe.

# ONE-EGG FAIRY CUPCAKE

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You'll be surprised at how conveniently you can make cupcakes at home.

## Ingredients

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1 egg

110g/ 4oz self-raising flour ( if  
allergic to wheat, use wheat  
free flour)

110g/ 4oz butter

110g/ 4oz sugar

Note: this recipe is for 8 fairy  
cupcakes



## Directions

- 1 Preheat the oven to 180C/ Gas mark 4. Get the cupcake tray lined with cupcake cases.
- 2 Cream the butter and sugar together.
- 3 Mix the egg in and fold in the flour.
- 4 Spoon into fairy cupcake cases the mixture.
- 5 Bake for 15 minutes and then leave to cool.

Extra tips:

You can substitute half of the sugar with 2 well ripe banana smashed.

Berries like blueberries and raspberries can be added to batter as desired before baking.

Cup cakes can be frozen and used as at when required. Ensure the cake is fully defrosted and gets to room temperature before consumption.





# TWO-EGG FAIRY CUPCAKE

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You'll be surprised at how conveniently you can make cupcakes at home.

## Ingredients

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2 egg

110g/ 4oz self-raising flour ( if  
allergic to wheat, use wheat  
free flour)

110g/ 4oz butter

110g/ 4oz sugar



## Directions

- 1 Preheat the oven to 180C/ Gas mark 4. Get the cupcake tray lined with cupcake cases.
- 2 Cream the butter and sugar together.
- 3 Mix the eggs in and fold in the flour.
- 4 Spoon into fairy cupcake cases the mixture.
- 5 Bake for 15minutes and then leave to cool.

Extra tips:

You can substitute half of the sugar with 2 well ripe banana smashed.

Berries like blueberries and raspberries can be added to batter as desired before baking.

Cakes can be frozen and used as at when required. Ensure the cake is fully defrosted and gets to room temperature before consumption.



# MORE ON EGG REINTRODUCTION

## STAGE 2 – LIGHTLY COOKED WHOLE EGG



1. Do not commence this reintroduction if your child is unwell and have oral antihistamine available throughout the reintroduction process.
2. Cook a portion of scrambled eggs. (Cow's milk can be substituted if the child does not tolerate cow's milk).
3. Begin by rubbing a small amount of egg on the inner parts of the lips and wait for 30 minutes and observe for allergic reaction which may include: itching, swelling, redness (this may not apply for dark skin tones), hives, abdominal pain, wheezing, or vomiting.
4. If no symptoms are observed, proceed to a pea-sized amount of the scrambled egg 1-2 days later.
5. After 1-2 days give twice the amount of cake if no symptoms are observed.
6. Repeat step 5 increasing the amounts of scrambled egg at intervals of several days until a whole portion is finished. In some children, symptoms like worsening of eczema may occur. Other symptoms may occur hours or next day. If symptoms occur, do not give any more egg and give a dose of antihistamine.

If the child is able to tolerate all portions given, the child should continue to eat lightly cooked whole egg. You can try similar foods like boiled egg.



APPETIT!



## REINTRODUCTION RECIPES FOR

Part 1 of the Home Chef Series