

the children's hospital at Westmead

Egg Free Diet

Eggs can be found in unexpected foods. Packaged foods containing eggs will list egg as an ingredient and should also contain an allergy warning such as “contains egg” or “may contain egg”. Ingredient lists need to be read carefully.

Avoid foods that contain:

Egg (white or yolk)	Ovalbumin
Albumen or albumin	Ovomucin
Dried egg, powdered egg	Ovomucoid
Globulin	Ovovitellin
Livetin	

Foods that will contain egg are:

Omelette, soufflé, frittata	Quiche
Meringue	Fritters
Pavlova	Waffles
Choux pastry eg. chocolate eclairs, cream puffs	Pancakes/pikelets
French toast	

Foods likely to contain egg are:

Asian dishes	Mayonnaise
Battered food	Melts
Binding for rissoles, patties, meatloaf	Milk puddings
Biscuits	Mock or butter cream
Cakes	Mousse
Cake mixes	Muffins and muffin mixes
Confectionary eg. marshmallows	Naan bread
Croissants	Nougat
Crumbed foods	Pie fillings
Custards	Prepared soups, clear soups, consommés
Dessert mixes	Prepared meats
Dips	Puddings
Egg noodles and pasta	Rissoles, sausages
Fried rice	Salad dressings
Health drinks	Some breads, breaded foods
Ice cream, frozen desserts and sherbets	Shiny glaze on baked goods
Icings	Tarts and pastry
Malted chocolate drinks, eg. Milo	Vegetarian meat substitutes

Note: Some children with egg sensitivity may be able to eat baked foods containing small amounts of egg. Your doctor can advise you about this. Do not give your child egg containing foods unless this has been discussed with your doctor.

Egg substitutes / replacers for baking

It is possible to make cakes and muffins quite successfully by adapting recipes you use at home. The texture of the product may be a little different but the taste is good.

For one egg, substitute with one of the following options:

- 1 teaspoon baking powder, 1 tablespoon liquid (eg water, juice or milk), 1 tablespoon vinegar
- 1 tablespoon yeast dissolved in ¼ cup of warm water
- 1 tablespoon apricot jam, apple puree, golden syrup or other fruit puree or jam
- 1 ½ tablespoons water, 1 ½ tablespoons oil, 1 teaspoon baking powder
- ⅓ cup water and 2 teaspoons gelatine – dissolve gelatine in warm water

For 3 eggs, substitute with one of the following options:

- Dissolve one tablespoon golden syrup in 300ml warm milk
- Dissolve one tablespoon gelatine in boiling water then add cold water to make one cup. Cool, then whip until light like beaten egg whites before use.

Commercial egg substitutes are another option. They are used in cakes and biscuits, pancakes and fritters but don't work if you are trying to make scrambled eggs or meringues. These products contain potato, tapioca starch and vegetable gums.

You can purchase these products from health food stores and some supermarkets.

1. Egg Replacer® (Orgran), Egg Like® (Country Harvest) and No Egg® (Country Harvest) available from supermarkets
2. Egg White Replacer® from Nutricia Australasia ph (02) 8875-0300

For more information

- www.chw.edu.au/parents/factsheets/#allergy
- Australian Society of Clinical Immunology and Allergy (ASCIA) www.allergy.org.au
- FSANZ - Food Standards Australia and New Zealand for information on food labelling www.foodstandards.gov.au

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Egg Free Recipes

Apple Chocolate Cake

500g cooking apples	1 teaspoon vanilla
1 teaspoon bicarbonate of soda	2 cups self-raising flour
125g margarine	2 tablespoons cocoa
1 cup castor sugar	

1. Peel, core and slice apples and cook in a very small amount of water. Drain well, mash fruit and mix in soda.
 2. Cream margarine, sugar and vanilla until fluffy.
 3. Beat in hot apple.
 4. Add sifted dry ingredients, mix well.
 5. Divide between 2 greased and lined 18cm (7") sponge tins.
 6. Bake in a moderately hot oven 180°C for 20 to 25 minutes.
 7. Ice when cold.
- * Mixture may be baked in 20cm ring pan 30 to 35 minutes.

Caramel Icing

2 tablespoons melted butter	¼ cup water
3 level tablespoons brown sugar	icing sugar

Stir butter and brown sugar over low heat until sugar is dissolved.
Add icing sugar to make a spreading consistency.

Chocolate Cake

125g butter	1 ¼ cups milk
2/3 cup sugar	1 teaspoon baking soda
1 tsp vanilla	2 ½ cups self-raising flour
2 tablespoons golden syrup	3 tablespoons cocoa

1. Cream butter and sugar until light and fluffy.
2. Stir in vanilla and golden syrup and beat well.
3. Stir baking soda into milk and add alternately with sifted ingredients to the creamed mixture, mixing well after each addition.
4. Consistency should be soft.
5. Divide between 2 greased and lined sandwich tins and bake at 180°C 30 to 35 minutes or until cooked. When cold, sandwich together with lemon filling.

Lemon Filling for Chocolate cake above

Grated rind and juice of 1 lemon	3 tblspns water
4 tblspns sugar	30g butter
3 tsp cornflour	

Combine all ingredients and simmer, stirring for 3 minutes. Cool.

Citrus Cake

1 tblspn gelatine
¼ cup water
185g butter or margarine
¾ cup sugar

2 cups self-raising flour
grated rind and juice 1 orange and 1
lemon

1. Soften gelatine in water then dissolve over hot water (or 30 seconds microwave).
2. Add orange and lemon juice and cool.
3. Whip until light and fluffy.
4. Cream butter and sugar, fold in gelatine mixture alternately with sifted ingredients and citrus rinds.
5. Divide equally between 2 x 9" sponge tins.
6. Bake in moderate oven for 20 to 25 minutes or until cooked.

Banana Muffins

2 mashed bananas
1/3 cup soft brown sugar
¼ cup canola or sunflower oil
½ teaspoon baking soda
1/3- ½ cups milk

2 teaspoons baking powder
½ teaspoon cinnamon
1 ¼ cups flour
½ teaspoon vanilla essence

1. Mix banana, sugar and oil together well.
2. Sift baking soda, baking powder, cinnamon and flour together .
3. Mix banana mixture into the dry ingredients with milk and vanilla.
4. Stir to just combine. Don't mix too much.
5. Spoon into muffin pans.
6. Cook at 180°C for about 20-25 minutes or until lightly browned on top.

Biscuits

1 cup flour
2 tablespoons sugar
2 tablespoons golden syrup
1 tablespoon melted butter

1 teaspoon salt
1 dessertspoon rolled oats
½ cup milk
½ teaspoon soda

1. Mix milk, melted butter and golden syrup and soda together.
2. Mix all dry ingredients together and then combine with the milk mixture.
3. Put mixture in spoonfuls on a well-greased oven tray, and bake 20 to 30 minutes at 180°C.in a moderate oven. Sultanas and currants may be added.

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Anzac Biscuits

½ cup plain flour
½ cup sugar
½ cup coconut
¾ cup rolled oats

50g butter
1 tablespoon golden syrup
½ teaspoon baking soda
2 tablespoons boiling water

1. Mix together flour, sugar, coconut and rolled oats.
2. Melt butter and golden syrup.
3. Dissolve baking soda in boiling water and add to butter and golden syrup.
4. Stir butter mixture into the dry ingredients.
5. Place level tablespoonsful of mixture onto greased baking trays, leaving space for the biscuits to spread as they cook.
6. Bake at 180°C for about 15 minutes or until golden brown.

Makes about 20 biscuits.

Gingerbread

½ cup butter or margarine
½ cup boiling water
1 cup golden syrup
2 ½ cups flour

1 ½ teaspoons ginger
½ tsp salt
1 teaspoon baking soda

1. Melt butter or margarine in boiling water.
2. Add syrup.
3. Sift dry ingredients together and add to mixture. Beat vigorously.
4. Pour into greased pan and bake in moderate oven 180°C for 25 minutes or until cooked.

Chocolate Crackles

250g Cophya™/vegetable shortening
1 cup icing sugar
¼ cup cocoa

4 cups puffed rice/rice bubbles
1 cup desiccated coconut

1. Put Cophya™ in a medium saucepan. Cook over a low heat until melted.
2. Sift icing sugar and cocoa together.
3. Add sifted dry ingredients, rice bubbles and coconut to saucepan, stirring until well-combined. Spoon mixture into 24 patty cases.
4. Chill until firm.

Cream Cheese Truffles

200g cream cheese
1/3 cup pure sifted icing sugar

1 teaspoon vanilla essence
1 cup pure sifted icing sugar, extra

1. Beat together cream cheese, icing sugar and vanilla until mixture is light and fluffy. Place in fridge to chill before using.
2. Place teaspoons of mixture into extra icing sugar.
3. Roll into balls and chill well before serving.

Potato Muffins

125g margarine
½ cup brown sugar
½ cup cold cooked mashed potato
½ cup white rice flour
½ cup potato flour

½ cup arrowroot
½ cup cornflour
2 teaspoons baking powder
½ cup pear juice

1. Cream margarine and sugar until light and fluffy.
2. Stir mashed potato into creamed mixture.
3. Stir in sifted dry ingredients alternately with pear juice. Place tablespoons of mixture into oiled muffin tray.
4. Bake at 210°C for 10-12 minutes.
5. Leave in tray for three minutes before turning out onto rack to cool.

Note: You can substitute pumpkin or sweet potato for potato.

Pancakes

½ cup plain flour
¾ teaspoon baking powder
1 tablespoon apple puree
1 teaspoon sugar
½ cup + 1 tablespoon milk
½ teaspoon of vinegar
Drop of vanilla
Pinch of salt

1. Sift dry ingredients together.
2. Mix milk, apple puree, vinegar and vanilla together.
3. Pour wet ingredients into the dry ingredients. Stir with a whisk gently until just combined. Do not beat or they will be tough.
4. Leave to stand for 30 minutes or more. Add a little more milk if the batter is too thick. It should pour like custard.
5. Heat a frying pan over medium to high heat. Melt 1 teaspoon of margarine or butter in pan and pour in a thin layer of the batter. Cook until lightly browned on one side. Turn and cook on the other side.
6. Serve with golden syrup, maple syrup, sugar and lemon juice, or icecream and fruit.
7. Makes about 2 big pancakes.

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Custard

Custard goes with just about any dessert, hot or cold. It's also delicious on its own.

1 tablespoon custard powder or corn flour
1 tablespoon sugar or golden syrup
1 cup cow's milk or fortified soy or rice drink

1. Mix the custard powder / corn flour and sugar with a little milk, soy or rice drink.
2. Heat the remaining milk, soy or rice drink and add to the custard powder mixture.
3. Stir constantly over a low heat until boiling.
4. Simmer for 1 minute and serve hot or set aside to cool.

Quick Creamed Rice

½ cup cow's milk, soy or rice drink
2 teaspoons brown sugar
¼ cup cooked short grain rice

1. Combine milk, soy or rice drink and sugar in small pan; bring to boil, stir in rice.
2. Cook, stirring until rice is cooked. Serve topped with fruit, if desired.

Store covered, in refrigerator for up to 2 days.

Sweet Couscous

¾ cup cow's milk, soy or rice drink
1 tablespoon couscous
1 teaspoon sugar
pinch ground cinnamon

1. Combine all ingredients in small pan; simmer; stirring until cooked.
2. Serve with sliced banana, if desired.

Store covered, in refrigerator for up to 2 days.

