

severe allergy

I N S I D E R

Created by Mylan

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Doctor Dad

TIPS FOR
AVOIDING
ALLERGENS AT
DINNER PARTIES,
ON VACATION
AND MORE!

Sweet and savory
ALLERGY-FRIENDLY
RECIPES!

FUN GAMES
& PUZZLES

Food allergy bullying:
IT'S NOT A JOKE.

Deliciously Allergy-Friendly

We all love delicious dishes, no matter what the occasion. But for people with severe food allergies, the simple act of eating can be a source of both risk and stress. To help make meals and snacks the celebration they should be, we offer the following allergy-friendly recipes.

Pretzel Hummus Chicken

by Tracy Bush, Food Allergy Blogger

INGREDIENTS

- 2 or 3 pieces of chicken
- ½ cup crushed gluten-free pretzels
- ½ cup cornmeal
- ⅓ cup flavored hummus

COOKING INSTRUCTIONS

Preheat the oven to 350°F. Wash the chicken pieces and dry them.

In a medium bowl, combine the crushed pretzels and cornmeal, combining well. Using your hands, spread the hummus onto the chicken and then coat with the pretzel cornmeal mixture. You may need to coat a few times to get a thorough texture.

Place the chicken in a shallow baking dish and bake until there is no pink meat and the juices run clear.

▶ Want more tasty options you can trust to be allergy-friendly? Visit the blog site for Food Allergy Research & Education (FARE) at blog.foodallergy.org

Egg-Free Muffins

by Ruth Lovett-Smith, Food Allergy Blogger

INGREDIENTS

- 2 cups all-purpose flour
- ½ cup granulated sugar
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 1 tablespoon lemon juice
- 1 cup half-and-half (or light cream, milk or milk substitute)
- ½ cup applesauce (you can also try mashed ripe banana)
- ½ -1 cup chocolate chips (we use mini-chips; you can also use blueberries or other fruit instead)

COOKING INSTRUCTIONS

Preheat oven to 350°F. Use muffin liners or lightly grease 12 large muffin cups or 24 small ones.

In a large bowl, combine all ingredients except chocolate chips (or fruit if using).

When batter is mixed, add in enough chocolate chips (or fruit) to suit your taste.

Batter should be thick but not too dry. If it's dry, try adding a small amount of additional applesauce or half-and-half.

Spoon batter into prepared cups, filling halfway. We like to sprinkle the tops with a bit of brown sugar and some mini-chips.

Cook for 15-20 minutes, until muffins rise and set.

Pulled Pork Cornbread Sliders

by Keeley McGuire, Food Allergy Blogger

PULLED PORK INGREDIENTS

- Approximately 1½ lbs pork ribs, boneless (I use country-style boneless pork ribs—they tend to be leaner and less fatty and cook up nicer)
- 1 bottle Sweet Baby Ray's® Sweet & Spicy BBQ Sauce
- 1 can of beef broth
- 2 slices of diced onion

COOKING INSTRUCTIONS

PULLED PORK

Spray your crockpot with cooking spray. Spread the diced onion over the bottom of the pot. Put pork on top of onion bedding evenly. Pour about ¾ of the can of broth over top, covering the pork. Cook on low for 6-8 hours.

After the cook time, shred pork with a knife and/or fork. Add bottle of sauce and cook for an additional 30 minutes or until heated throughout.

CORNBREAD

Preheat oven to 350°F and coat muffin tin with cooking spray or oil. In a medium-size mixing bowl, combine all the above ingredients. Mix until a smooth batter is formed.

Pour batter evenly into muffin tin cavities. Bake for 25-30 minutes. Remove from oven and let cook 5 minutes in pan.

Move cornbread muffins to cooling rack and let cool completely. Slice muffins horizontally, creating a bun for your sliders.

Fill with leftover pork and sandwich together. Enjoy!

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CORNBREAD INGREDIENTS

- 1 cup of cornbread mix (we like Hodgson Mill® Gluten Free Cornbread Mix; it's gluten, dairy and egg-free and made in a nut-free facility)
- 1 egg replacer or 1 large egg
- ½ cup of unsweetened applesauce
- ½ cup of non-dairy milk
- 4 teaspoons of honey

Smooth Monkey Smoothie Drink

by Caroline Moassessi, Food Allergy Blogger

INGREDIENTS

- ⅓ cup vanilla yogurt of choice based on your allergen (dairy-free, soy-free, etc.)
- 1 banana
- ¼ teaspoon vanilla extract from Madagascar

- ½ cup frozen mango chunks
- ⅓ cup crushed pineapple
- ½ cup guava juice
- ⅓ cup coconut milk (optional)
- 1 cup ice, cubed or crushed

COOKING INSTRUCTIONS

Blend together vanilla yogurt, banana, vanilla extract, mango chunks, pineapple, guava juice and coconut milk (optional) in food processor or blender.

Add ice and continue to blend until ice is fully mixed in.

WARNING: The recipes on pages 13 and 14 are free of the top eight allergens, which include milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soy. Some recipes may utilize coconut as an ingredient, which the FDA classifies as a tree nut. Check with your allergist to make sure you are not allergic to any of the ingredients in these recipes before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.