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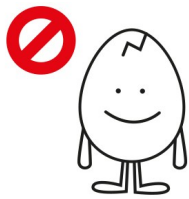
**Food Allergy**

Specialist Group

# Egg Free Diet



**Patient Name:** ..... **Date:** .....



# Egg Free Diet

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## Introduction

People with egg allergy are allergic to certain proteins found in eggs (usually egg white and/or egg yolk). Symptoms may include:

- worsening eczema
- a rash
- hives (nettle rash)
- runny nose, itchy eyes
- stomach ache, nausea, vomiting, diarrhoea
- swelling of the face, lips, mouth or throat
- coughing or difficulty breathing.

Allergic reactions can vary from mild to severe although life threatening reactions are extremely rare.

Egg allergy is one of the more common food allergies in infants and young children. It generally becomes less common as children get older and also in adults.

Egg allergy can affect people in different ways. Infants can react to trace amounts in breast milk transferred from the mother's diet in which case maternal egg avoidance is required. Highly sensitive children or adults may react to traces of egg in food or even by touching egg or being touched by somebody that has handled egg usually in its raw form.

## Diagnosis

It is important that food allergies are diagnosed by a healthcare professional with the right training. They will ask questions about the symptoms and may perform tests. The type of tests will depend on the type of reactions the patient has.

### For immediate reactions

Skin prick tests or blood tests that measure 'specific IgE antibodies' may be used to help with the diagnosis. These results can be difficult to interpret without an allergy specialist. Sometimes, a food challenge (where increasing amounts of the suspected food are given and symptoms monitored) may be needed before a diagnosis can be made. This will only be carried out in a safe hospital setting.

## For delayed reactions

At present, the most reliable method for diagnosing delayed reactions is a food exclusion and reintroduction diet. This involves the removal of the suspected food(s) from the diet for a set period of time. The food is slowly re-introduced to see if it causes a reaction. This can be difficult and a registered Dietitian can help to ensure it's done safely and key nutrients aren't being left out of the diet.

Some companies offer food allergy or intolerance tests that measure 'IgG antibodies', but these are not a reliable way of diagnosing egg allergy or intolerance. Other tests such as hair analysis, kinesiology testing and vega testing have also been found to be unreliable.

## Management

It is important to know your or your child's level of sensitivity to egg. Egg allergy should in most cases be treated with a strict egg free diet. Your Dietitian will help you to avoid egg and make sure that you or your child gets all the nutrition needed however, it is unlikely that avoiding egg will cause nutritional problems.

As egg allergy is usually outgrown, it is important that your child is regularly reviewed to check whether tolerance has developed and ensure egg is not avoided unnecessarily. Cooking can destroy some of the allergenic proteins in egg. Therefore, some people are able to tolerate egg that has been cooked at high temperature (e.g. in cakes or biscuits), but will still react to small amounts of less well cooked eggs (e.g. in pancakes or scrambled egg), or to raw egg (e.g. in fresh sorbet, mayonnaise or soft meringues).

You should discuss with your Dietitian or Doctor when and how to re-introduce egg safely. In some cases, they may recommend that a food challenge is carried out in hospital. Your Dietitian will also be able to provide you with a list of baked egg items that can be eaten if you or your child is baked egg tolerant. It is important not to introduce baked egg at home unless you have been advised to do so by your dietitian or doctor.

People with egg allergy **are not** usually allergic to chicken. They **are** extremely likely to be allergic to eggs from birds other than hens as they contain similar proteins (e.g. geese, quail, duck) so these should also be avoided.

## Checking food labels

European Union (EU) food labelling laws require that labels must clearly state whether egg (as well as other common allergens) are ingredients in a food product.

- These laws apply to all **packaged and manufactured foods and drinks sold throughout the EU**.
- Since December 2014 they also apply to **foods sold loose** (e.g. from a bakery, delicatessen butcher or café) and **foods packed for direct sale** (e.g. sandwich bars, market stall, some catering products).
- If you travel outside the EU, be aware that labelling laws are different and may not always list egg as an ingredient so check ingredients carefully.

Allergens must be emphasised (e.g. in bold or highlighted) and listed in one place; usually the ingredients label.

For foods sold without packaging such as in a bakery, café or pub, allergen information has to be provided either in writing or verbally. If provided verbally, the business must be able to provide further information if requested (in the UK only).

More information on the changes can be found at: [www.food.gov.uk/science/allergy-intolerance/label/](http://www.food.gov.uk/science/allergy-intolerance/label/)

There are many ways in which egg can be labelled although the law states that egg should always say 'egg' alongside. Carefully check the ingredients list on food items and **avoid foods which contain:**

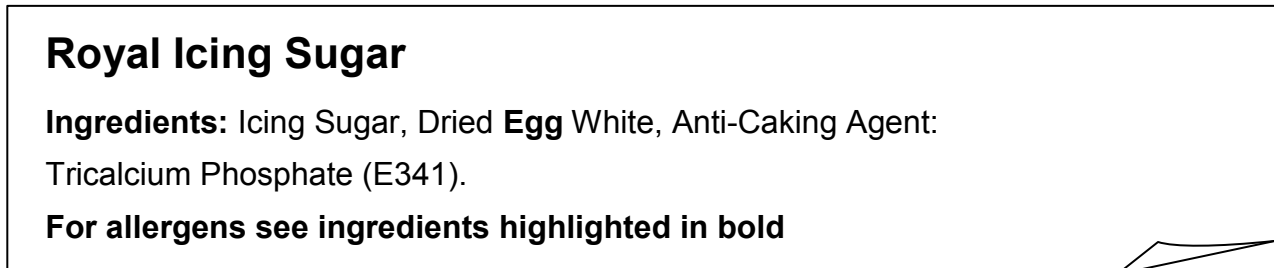
- Egg (all bird eggs)
- Dried egg
- Whole egg
- Egg powder
- Egg white
- Egg yolk
- Egg protein
- Egg albumin
- \*Lecithin or E322 (may be derived from egg or soya)
- Pasteurised egg
- Frozen egg
- Ovalbumin
- Globulin
- Ovoglobulin
- Livetin
- Ovomucin
- Vitellin / Ovovitellin
- \*Lysozyme or E1105 (may be derived from egg or soya)

Always check the label: manufacturers change their ingredients from time to time e.g. 'new improved recipe'. It is always safer to recheck the ingredients list.

## Allergy statements/boxes

Many food labels in the past have had an allergy advice statement or allergy box saying they contain a certain ingredient, however these are no longer permitted. Instead there may be a comment directing you to check the ingredients list. Only if the product does not have an ingredients list may a statement be allowed.

### Example of a food label containing egg



More information on food allergy labelling is available from NHS Choices:

<http://www.nhs.uk/Conditions/food-allergy/Pages/living-with.aspx>

### 'May contain...' or 'Made in a factory...' labelling statements

At present there is no law to say when these statements should be used on a food product. It is very hard to decide what the risk of an allergic reaction would be with every product. As this type of labelling is used on lots of foods, it is important to discuss this with your Dietitian and get advice on the safest approach to these foods.

## Allergy Alerts

Sometimes foods have to be withdrawn or recalled. There may be a risk to customers because the allergy labelling is missing, wrong or if there is any other food allergy risk. You can get these alerts from the Food Standards Agency website. It is also possible to subscribe to a free email or SMS text message alert system to receive messages when Allergy Alerts are issued.




To subscribe, go to: [www.food.gov.uk/safereating/allergyintol/alerts](http://www.food.gov.uk/safereating/allergyintol/alerts)




Alternatively, you can view product alerts online from: [www.anaphylaxis.org.uk/living-with-anaphylaxis/product-alerts](http://www.anaphylaxis.org.uk/living-with-anaphylaxis/product-alerts)

## Cross contamination




Cross contamination can occur whilst preparing food. If you need to avoid traces of egg, ensure that all work surfaces and chopping boards are well cleaned. Use separate containers where necessary and use clean utensils. High-risk cross contamination situations can occur include: barbeques, buffets, deli-counters and self-service salad bars. Pre-packed sandwiches are also a risk for cross contamination and are best avoided.




The following tables give examples of egg free foods and foods which may contain egg. Please note this is not an exhaustive list - always check labels.




 <b>Suitable foods</b>	 <b>Foods that may contain egg</b>	 <b>Food to avoid</b>
<p><b>Milk and Dairy Products</b>  Milk - all fresh, long life UHT, condensed, evaporated, dried milk powder and infant formula.  All milk alternatives (rice, soya, oat milks).  Milkshakes, smoothies and yoghurt drinks.  Yoghurts (natural &amp; fruit), fromage frais, crème fraiche and egg-free canned or instant custard.  Most processed cheese: cheese spread, cheese slices / strings, cottage cheese, cream cheese, vegetarian soya cheese, Quark or curd cheese.  Fresh cream, synthetic cream toppings and egg free ice cream.</p>	<p>Parmesan cheeses.</p>	<p>Freshly made custard  Milk-based desserts made with eggs (e.g. crème caramel).  Some cheeses contain egg white lysozyme (E1105) as a preservative so check labels e.g. Grana Padano, Manchego.  Cheese dishes containing eggs.  (e.g. quiche / flan, omelette)  Fresh dairy ice cream made with egg.</p>
<p><b>Fats and Oils</b>  Butter, margarine, ghee, lard, paneer.  Oils e.g. sunflower, corn, rapeseed, safflower, olive oil and nut oils.</p>		

 <b>Suitable foods</b>	 <b>Foods that may contain egg</b>	 <b>Food to avoid</b>
<p><b>Cereals/grains/flours</b></p> <p>Flour and cereals: wheat, rye, barley, oat, maize, quinoa, rice, cornflour, arrowroot.</p> <p>Sago, semolina, tapioca, cous - cous, popcorn.</p>		
<p><b>Breakfast Cereals</b></p> <p>Breakfast cereals (e.g. Weetabix™, Cornflakes™, Rice Krispies™, Ready Brek™, porridge).</p>		
<p><b>Breads/crackers</b></p> <p>Most prepacked wholemeal, granary, rye, white and fruit breads (sliced and fresh-baked).</p> <p>Most ciabatta, wraps, pitas, pompadoms, chappati, and plain pizza bases .</p> <p>Most English muffins crumpets.</p> <p>Plain egg free crackers, bread sticks and rice cakes but check the ingredients carefully.</p>	<p>Some speciality breads may contain egg or be glazed with egg (e.g. Gluten free breads, scones, croissants, naan bread, foccacia and soft pretzels).</p> <p>Malt loaf.</p> <p>Gluten free bread.</p> <p>Savoury/cheese biscuits &amp; crackers.</p>	<p>French toast / eggy bread</p> <p>Cholla, Brioche, Yorkshire pudding.</p>
<p><b>Pasta, pizza, noodles, rice, potato</b></p> <p>Rice noodles, plain wheat / buckwheat noodles and most dried instant noodles/pot noodles.</p> <p>Most dried pasta (macaroni, spaghetti, lasagne, linguini, penne) and tinned spaghetti in tomato sauce.</p> <p>Plain boiled rice.</p> <p>Potatoes – boiled, baked, roast, mashed, fried.</p>	<p>Savoury rice.</p> <p>Potato waffles.</p>	<p>Egg noodles (fresh and dried).</p> <p>Fresh egg pasta and dried egg pasta.</p> <p>Pasta dishes containing egg (e.g. lasagne, spaghetti carbonara, and some freshly made cannelloni tortellini, ravioli and gnocchi).</p> <p>Rice dishes containing egg (egg fried rice).</p> <p>Potato shapes / croquettes, duchesse and marquis potatoes.</p>



 <b>Suitable foods</b>	 <b>Foods that may contain egg</b>	 <b>Food to avoid</b>
<p><b>Cakes, biscuits, snacks and desserts</b></p> <p>Puddings made without eggs (e.g. fruit crumble, milk puddings and egg free custard*).</p> <p>Plain jellies.</p> <p>Instant whip.</p> <p>Egg free ice-cream and iced desserts.</p> <p>Egg free pastries, cakes and biscuits (economy ranges are generally egg and milk free).</p> <p>Homemade egg-free biscuits and cakes.</p> <p>Crisps.</p>	<p>Ready made rice pudding.</p> <p>Most continental and fancy biscuits.</p> <p>Some brought shop sorbets.</p> <p>Gluten free biscuits.</p>	<p>Crème caramel, soufflés, sponges, cheese cakes, trifle, bread &amp; butter pudding</p> <p>Fresh made fruit fools and mousses.</p> <p>Baked custard, fresh egg custard and other milk puddings containing eggs .</p> <p>Freshly made sorbets, ice cream and ice-cream cones made with egg.</p> <p>Meringues, pavlova, lemon meringue pie, Eton mess.</p> <p>Pancakes, crepes, waffles and some doughnuts.</p> <p>Jaffa cakes, almond biscuits, macaroons, sponge fingers, fairy cakes, muffins, brownies, fruit cake, scones, éclairs/cream puffs and other pastries made with choux pastry.</p> <p>Prawn crackers and prawn cracker crisps.</p>
<p><b>Confectionary</b></p> <p>Mints, boiled sweets wine gums, fruit pastilles.</p> <p>Plain fruit lollies</p>	<p>Some fudge, toffee, caramel, soft centred sweets, marzipan, marsh mallows, sherbet.</p>	<p>Mars bars<sup>TM</sup>, Milky Way<sup>TM</sup>, Snickers<sup>TM</sup>, Wagon Wheels<sup>TM</sup>, Chewits<sup>TM</sup>.</p> <p>Filled chocolates with soft fondant icing (e.g. from a chocolate box or Cadbury's Creme egg<sup>TM</sup>).</p> <p>Nougat.</p>

 <b>Suitable foods</b>	 <b>Foods that may contain egg</b>	 <b>Food to avoid</b>
<p><b>Meat, fish &amp; alternatives (beans and nuts)</b></p> <p>All fresh and frozen meat (e.g. beef, lamb, pork, liver, kidney, chicken, turkey).</p> <p>Processed meat and some tinned meats (e.g. bacon, ham, salami, corned beef).</p> <p>Fish – fresh, frozen, tinned, dried.</p> <p>Crab sticks, prawns and other shell fish.</p> <p>All dried / tinned pulses (e.g. lentils, beans, chickpeas and baked beans).</p> <p>Dhal, hummus.</p> <p>Tofu / soya bean curd.</p> <p>Plain, roasted or salted nuts or nut butters (avoid whole nuts until 5 years of age due to choking risk). Peanut butter.</p>	<p>Some tinned meats (e.g. luncheon meat, hot dogs) .</p> <p>Most breaded fish fingers are egg free (check label)</p> <p>Hamburger patties.</p>	<p>Meat coated in egg and breadcrumbs or egg batter (e.g. chicken nuggets / goujons / kiev, Chinese pork balls, toad-in-the-hole).</p> <p>Meat dishes using egg as a binder (e.g. premium sausages, meatballs, beef burgers, meatloaf, pork stuffing).</p> <p>Fish coated in egg and breadcrumbs or batter</p> <p>Fish dishes containing egg (e.g. fish pie, kedgerree and some sushi).</p> <p>All types of eggs (e.g. hen, duck goose, quail).</p> <p>All cooked eggs (e.g. boiled, poached, fried, scrambled, omelette), Scotch eggs, quiche/egg flan.</p> <p>Dishes containing egg (e.g. moussaka) or an egg glaze (e.g. sausage rolls, pies)</p> <p>Quorn™ and Quorn™ based products .</p>
<p><b>Fruit &amp; vegetables</b></p> <p>All types of fresh, frozen, tinned and dried.</p>	<p>Frozen vegetables covered in batter and breadcrumbs.</p>	<p>Fruit pies with egg glaze.</p> <p>Vegetables in breadcrumbs or fried in batter (e.g. mushrooms, onion rings, Chinese egg roll).</p> <p>Vegetable salads in mayonnaise or salad cream (e.g. potato salad, coleslaw).</p>

 <b>Suitable foods</b>	 <b>Foods that may contain egg</b>	 <b>Food to avoid</b>
<p><b>Drinks</b></p> <p>Most fruit juice, squash and fizzy drinks.</p> <p>Tea, coffee, cocoa and Horlicks™. Coffee creamers, Coffee-Mate™.</p> <p>Milk shakes, milkshake syrup and powder (Nesquik™, Crusha™).</p> <p>Build-up™, Complan™.</p>	<p>Egg white may occasionally be used as a foaming agent in root beer, cappuccinos and fruit juice served in restaurants</p>	<p>Ovaltine™</p>
<p><b>Alcohol</b></p> <p>Most beer, lager, cider, spirits, liqueurs and some wines.</p>	<p>Some wines contain traces of egg white lysozyme as it is used as a fining and preserving agent .</p>	<p>Cocktails containing egg (e.g. Egg nog / egg flip, Advocaat, snowball, gin fizz) and egg white may be used to decorate the glass.</p>
<p><b>Miscellaneous</b></p> <p>Baking powder, bicarbonate of soda, cream of tartar.</p> <p>Food essences and colourings.</p> <p>Sugar.</p> <p>Jam, honey, marmalade, syrup, treacle.</p> <p>Egg free gravy and stuffing.</p> <p>Yeast, yeast extracts (Marmite™ &amp; Bovril™).</p> <p>Egg free tinned, dried and homemade soups.</p> <p>Herbs and spices, pepper and vinegar.</p> <p>Ketchup, mustard, mint sauce, brown sauce and white sauce.</p> <p>Coconut milk / cream.</p> <p>Mincemeat.</p> <p>Egg free mayonnaise such as Plamil™, Mayola™.</p>	<p>Some cake decorations contain egg white.</p> <p>Icing sugar and ready made icing.</p> <p>Chocolate spread.</p> <p>Some turkey and chicken-based gravy granules .</p> <p>Clear soups and broths may have egg added to clear the stock (e.g. Consommé) or as an ingredient (e.g. Chinese soups and egg noodle soups).</p> <p>Premade sandwiches and salads.</p>	<p>Lemon curd.</p> <p>Sauces and dressings made using egg e.g. Hollandaise, béarnaise, tartar and horseradish sauces, mayonnaise, salad cream, and salad dressings (e.g. Caesar salad).</p>

## Eating out

Depending on your or your child's reactions, particularly if they are quite severe, you may find some of these tips useful.

- Check out the restaurant's website – many now contain nutritional and allergy information.
- Ring the restaurant in advance to ask if they can cater for your (or your child's) food allergy. Try to call at off-peak times when the staff will have more time to deal with your query.
- Get to know your favourite restaurant and chef.
- Speak to your waiter/waitress or the chef on arrival to check they are all aware of your (or your child's) food allergy. You may find it helpful to use a 'chef card' such as those available to buy from [www.dietarycard.co.uk](http://www.dietarycard.co.uk). Hand the card to your waiter/waitress for them to pass to the chef. Ask them to confirm that the food you have asked for has not had any contact with egg or products that contain egg.
- Avoiding the busiest meal times may help to give staff more time to check ingredients properly.
- If in doubt, choose to go elsewhere.
- Keep to "simple" foods on the menu. Sauces and gravies contain many ingredients, which cannot always be remembered by staff.
- Remember egg may not be mentioned in the description of a dish – check for hidden sources (e.g. pastry, batter).
- If you do not understand the menu item, it is better not to order it.
- In self-service areas be aware of the risk of cross-contamination.
- Make sure those you are dining with know about your (or your child's) allergies and know what to do if a reaction happens,
- Carry any rescue medication with you, as recommended by your Doctor and make sure it is not out of date.
- If eating with friends or at a party remember to discuss your (or your child's) egg free diet with the host in advance. Discuss foods that are allowed and those that must be avoided.
- At children's parties it may be helpful to take egg free foods yourself. If you will not be staying with your child, remember to explain how serious his/ her allergic reaction is and how to deal with it.

## Travel tips

Depending on your, or your child's reactions, particularly if they are quite severe, you may find some of these tips useful.

- If you are travelling abroad, check in advance how to describe your (or your child's) allergies in the local language. There are several websites that provide useful phrases and eating out translation cards in a variety of languages: [www.dietarycard.co.uk](http://www.dietarycard.co.uk), [www.yellowcross.co.uk](http://www.yellowcross.co.uk) and [www.food-info.net/allergy.htm](http://www.food-info.net/allergy.htm).
- If you are flying, speak to your airline well in advance to check if they can meet your (or your child's) dietary needs. Make yourself known to the flight crew to ensure the correct meal is received - and ask for an ingredient list of the meals provided.
- Consider taking suitable snacks for the journey in case your flight is delayed or your meal is not available on the day of travel. Try to obtain a letter from your Doctor or Dietitian explaining why you need to take special food items. Any special food items not needed for the flight should be put in your suitcase. Do not take fruit, vegetables or meat as these are not allowed abroad.
- Check with the airline if they have any restrictions on the amount of liquid you can take on board.
- Some airlines require a letter from the Doctor/Dietitian allowing you to take more than a 100 ml of liquid, antihistamine, hypoallergenic formula etc.
- If you are taking an adrenaline autoinjector, obtain a letter from your Doctor that confirms your (or your child's) allergy.
- Carry your (or your child's) rescue medication e.g. antihistamines, adrenaline autoinjector and action plan with you and make sure they are not out of date.
- Make sure the friends you're travelling with know about your (or your child's) allergies and what to do if a reaction occurs.
- If you are staying in a hotel, try to get a room with a kitchen in case there are no safe places to eat out.
- Make sure you have the telephone number of the local hospital or emergency services and keep your medical insurance number handy in case you need it.
- Ensure you (or your child) always carry some sort of allergy ID. Medical ID bracelets, ID cards and travel containers to protect medicines from excessive heat or cold are available from: [www.medicalert.co.uk](http://www.medicalert.co.uk), [www.sostalisman.com](http://www.sostalisman.com), [www.yellowcross.co.uk](http://www.yellowcross.co.uk) and [www.friouk.com](http://www.friouk.com).

## Non-food items containing egg

Non-food items that contain egg products such as toiletries and medicines are required by law to list egg in the ingredients. However, 'egg' may be written in Latin, so look out for the words OVO or OVUM on product labels.

**Toiletries:** Shampoo, makeup and perfumes that contain traces of egg should only be avoided if they cause irritation, or if you have a severe egg allergy.

**Medicines:** Hens egg lysozyme (E1105) and egg lecithin (E322) are used as preservatives and emulsifiers in a few medicines. Your dietitian or pharmacist should be able to tell you which products contain egg.

**Vaccinations:** Some vaccines contain traces of egg protein and should NOT be given to people with egg allergy e.g. yellow fever and standard influenza (flu) vaccines. However, in most years, egg free flu vaccines are available for use. Your doctor will advise if there is a suitable flu vaccine for you or your child. MMR (measles, mumps and rubella) vaccine is considered to be extremely safe for babies and children with egg allergy and SHOULD be given. Patients with a history of severe allergic reactions may need to have the MMR and flu vaccines administered in hospital. Further information can be found at: [www.bsaci.org.uk](http://www.bsaci.org.uk). However this is best discussed with your doctor.

## Egg free cooking tips

Egg free baking can often be heavy and dense or crumbly without extra ingredients to act as egg substitutes and improve texture. Recipes can be adapted using egg replacers or other alternative ingredients listed below. However, these egg substitutes do not work as well if the recipe calls for more than 3 eggs. Which egg replacer you use will depend on the texture and taste required for the final dish (i.e. you can't use mashed banana as a substitute when making a quiche or other savory dishes).

### Egg replacers

Powdered egg replacers can be used in most baking recipes that require egg e.g. cakes, cookies and pancakes. They are mostly made from tapioca or potato starch and a raising agent such as baking powder. Vegan egg replacement powders may contain soya protein and can be used to make meringues. You can get some egg replacers on prescription (ask your GP). They can be purchased from health food shops, supermarkets or your local pharmacy.

e.g. No-egg replacer™ (Orgran), Ener-G™ egg replacer (General Dietary Ltd), Loprofin™ egg replacer (SHS international)

## Other egg alternatives

It is possible to get excellent results when baking egg free cakes without the use of 'egg replacers'. Simply use one of the binding agent ingredients below, plus a raising agent if you are making cakes or muffins and want your recipe to rise.

### ***Binding agents (to replace one egg):***

1tbsp (50g) pureed fruit (apples, pears, apricot or prunes)

½ large banana mashed

50g coconut cream, custard, yogurt, or silken tofu with a little water or milk

1 tbsp of soya or gram (chickpea) flour and 2 tbsp water

1 tbsp tomato puree, mashed potato, moistened bread crumbs or rolled oats

50g ground linseeds (flax seed) combined with 50ml water, left to gel before using

For a replacement for just the egg white, mix 1 tbsp plain agar powder with 1 tbsp water. Whip together, chill it and then whip it again

### ***Raising agents (to replace one egg):***

1 teaspoon bicarbonate of soda + ½ teaspoon cream of tartar

1 teaspoon baking powder

When using bicarbonate of soda in baking, it is important to add it to the dry ingredients. Only add the wet ingredients just before the mix goes in the oven. This is because it starts reacting as soon as it gets wet and it does not work well if left too long. Vegan recipes are egg free by definition so you may find it easier to use a vegan recipe that was designed to work without eggs, rather than having to adapt a standard recipe to replace the eggs.

## Egg free recipes

### Spinach and Bacon Quiche

(Makes 4 mini quiches)

#### Ingredients:

Pastry:

4 pre-cooked short crust pastry cases (home made or ready-made pastry cases)

#### Topping:

15ml (1 tbsp) olive oil

350g (12oz) silken tofu

1-2 chopped spring onion or chives

1 garlic clove finely chopped (optional)

100g (3-4oz) roughly chopped fresh / frozen spinach (defrosted & excess liquid removed)

3-4 slices of Parma ham or bacon chopped into 1cm strips

#### Method:

- Preheat oven to 180°C / 350°F / Gas mark 4
- Heat the oil and fry the spinach and garlic for about 1 minute
- Add spring onions (or chives) and Parma ham (or bacon). Mix well, fry for a further 1-2 minutes and then take off the heat. If using bacon, pour off any excess fat
- Place tofu in a mixing bowl, pour away any excess liquid, and mash with a fork
- Add the spinach mixture and mix together
- Season with a little black pepper to taste
- Spoon the mixture into the pre-cooked pastry cases and bake for 25 minutes
- Serve hot or cold

**Tip:** Try making this with other ingredients (e.g. red onion, red peppers, sun dried tomatoes, fresh or smoked salmon and watercress).



# Egg free recipes

## Chocolate cake

### Cake Ingredients:

30g (1oz) butter  
60g (2oz) caster sugar  
50g (2tbsps) golden syrup  
30g (1oz) cocoa powder  
3g (½ tsp) bicarbonate of soda  
180ml (6 fl oz) milk  
180g (6oz) self raising flour

### Icing Ingredients:

120g (4oz) butter  
210g (7oz) egg free icing sugar  
20-30g (1oz) cocoa powder  
15-30ml (1-2 tbsps) hot water  
60g (2oz) chocolate

### Method:

- Preheat oven to 180°C / 350°F / Gas mark 4
- Cream together the butter, sugar and syrup
- Sift the flour and cocoa together
- Dissolve the bicarbonate of soda into the milk
- Stir in flour and milk mixtures alternatively, a little at a time, stirring lightly until mixture resembles a thick batter. Do not leave to stand.
- Pour into an eight inch greased and lined cake tin and bake for approximately 40 minutes
- Ice with chocolate icing: mix together 120g butter, 210g egg-free icing sugar, 20-30g cocoa powder and 15-30ml hot water. Melt chocolate and beat into the icing mixture.

## Pancakes

### Ingredients:

120g (4oz) plain flour (or pre-blended plain gluten free mix e.g. Doves Farm™ if also gluten free)  
2 tsp egg replacer (mixed with 4tbsp water) - this may need to be adjusted depending on brand used  
300ml (10 fl oz) milk or milk substitute (or less if you want them thicker)  
Sunflower oil or butter for cooking

### Method:

- Sift the flour into a bowl.
- Gradually incorporate the egg replacer into the flour with a whisk or fork and then add in the milk/milk substitute gradually until all combined.
- Lightly grease a frying pan with oil or butter and heat until very hot.
- Pour sufficient batter into pan until it coats the base. Cook until set and golden.
- Flip and cook other side. Slide onto a plate and keep warm until all pancakes are cooked.

## Useful websites

### Patient Support

- [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)  
A charity organisation providing information and support for people with severe allergies including information about adrenaline auto-injectors. Tel: 01252 542 029.
- [www.allergyuk.org](http://www.allergyuk.org)  
A charity providing information for people with allergies. Tel: 01322 619 898.
- [www.nhs.uk/conditions/food-allergy](http://www.nhs.uk/conditions/food-allergy)  
NHS choices allergy and intolerance advice.
- [www.nhs.uk/conditions/anaphylaxis](http://www.nhs.uk/conditions/anaphylaxis)  
NHS choices anaphylaxis advice.
- [www.bda.uk.com](http://www.bda.uk.com)  
The British Dietetic Association provides fact sheets on food allergy & intolerance, autistic spectrum & allergy testing. Tel: 0121 200 8080.

### Online Shopping

- [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)\*  
Gluten free, wheat free, dairy free and other speciality foods. Also free from recipes for bread, pizza and snacks. Deliver to your door, orders over £35 delivery is free. Caution: they do not have a dedicated nut free zone in their warehouse. Email: [info@goodnessdirect.co.uk](mailto:info@goodnessdirect.co.uk) Tel: 0871 871 6611.
- [www.amyskitchen.co.uk](http://www.amyskitchen.co.uk): Allergy free vegetarian ready meals.
- [www.veganstore.co.uk](http://www.veganstore.co.uk): A wide range of egg & milk free vegan foods
- [www.orgnan.com](http://www.orgnan.com) : Egg, dairy, wheat, gluten & yeast free products & egg replacer
- [www.ener-g.com](http://www.ener-g.com) & [www.nutricia.co.uk](http://www.nutricia.co.uk): Ener-G & Loprofil egg replacer
- [www.granovita.co.uk](http://www.granovita.co.uk) & [www.plamilfoods.co.uk](http://www.plamilfoods.co.uk) : Egg free mayonnaise
- [www.vegancakedirect.co.uk](http://www.vegancakedirect.co.uk) : Egg free and dairy free cakes

### Egg Free Recipes

- [www.vegansociety.com](http://www.vegansociety.com): Egg, dairy-free recipes
- [www.egglesscooking.com](http://www.egglesscooking.com) : A food blog with egg free recipes & cooking tips
- [www.noeggs.co.uk](http://www.noeggs.co.uk): Egg free recipes
- [www.kidsandcooking.co.uk/egg-free-cakes.html](http://www.kidsandcooking.co.uk/egg-free-cakes.html) : Egg free cake recipes

\*Product information and prices correct at time of publication but may change.

**Notes:**

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**Dietitian:** ..... **Date:** .....

**Contact Number:** .....

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