

How to modify recipes for food allergies

Early childhood services

It is important to make allergy free meals look and taste similar to meals served to the rest of the children at your service.

Many favourite recipes can be modified to be suitable for children with allergies by swapping allergenic ingredients with ingredients that are allergy free.

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Alternative ingredients for common food allergens

The table below outlines common ingredients used in many recipes and appropriate alternatives for children with allergies.

Ingredient to avoid	Allergy free alternative
<p>Eggs These are used to bind or aerate a recipe so the option you choose will depend on the recipe.</p>	<p>1 egg = any of the following options:</p> <ul style="list-style-type: none"> • 1 teaspoon egg replacer (e.g. Orgran) + 2 tablespoons water (for aerating or binding) • 1 teaspoon baking powder + 1 tablespoon water + 1 tablespoon vinegar (for aerating or binding) • ¼ cup mashed potato or pumpkin (for binding) • ½ cup mashed banana or puree apple (for binding)

Egg yolks only	1 egg = 1 teaspoon egg replacer (e.g. Orgran) + 1 tablespoon water
Egg whites	Beat egg replacer (e.g. Orgran) with water until stiff
Cow's milk	Soy or rice drink
Plain wheat flour	1 cup plain wheat flour = any of the following options <ul style="list-style-type: none"> • 1 cup Orgran All Purpose Plain Flour • ½ cup rice flour + ½ cup pure cornflour
Self raising wheat flour	1 cup self raising wheat flour = any of the following options <ul style="list-style-type: none"> • 1 cup Orgran All Purpose Self Raising Flour • ½ cup rice flour + ½ cup pure cornflour + 2 teaspoons wheat free baking powder (e.g. Wards).
Wheat based baking powder	Use a wheat free alternative (e.g. Wards)
Margarine	Milk free margarine (e.g. Nuttalex, Becel, Sundew)
Cooking oil	Sunflower oil, safflower oil

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Recipe modification example

The following examples demonstrate how common recipes can be adapted to allergy free alternatives by swapping some ingredients.

Custard

A standard custard recipe uses custard powder and cow's milk. An allergy free alternative uses a rice flour and corn flour combination, with rice drink and soy drink.

Standard ingredients	Allergy free alternative
1-2 tablespoons custard powder	1-2 tablespoons rice flour or corn flour
½ tablespoon sugar	Same
1 cup milk	1 cup rice or soy drink (use calcium fortified)
1 teaspoon of vanilla essence	Same

Carrot muffins

Our carrot muffin recipe uses flour, milk and eggs. The allergy free alternative uses Orgran flour, rice bran, rice milk and egg replacer.

Standard ingredients	Allergy free alternative
1 cup white self raising flour, sifted	1 ½ cups Orgran self raising flour
1 cup wholemeal self raising flour, sifted	½ cup rice bran
Brown sugar	Same
Cinnamon, ground	Same
Carrots, medium, grated	Same
Apple, medium, grated	Same
1 cup milk	1 cup rice drink (use calcium fortified)
2 eggs, lightly beaten	2 teaspoons egg replacer (e.g. Orgran) + 4 tablespoons water
Canola or vegetable oil	Same
Vanilla essence	Same

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