

Paediatric allergy

Nut biscuit recipe for food challenge

Information for patients, relatives and carers

If you are a child or young person reading this information, 'your child' means you.

Introduction

Food challenges are tests that we do in hospital to see if your child is allergic to or able to eat a particular food. We have offered your child a food challenge to one or more nuts. We do food challenges to nut(s) in the form of whole nuts, ground nuts, or nut butters depending on your child's age, clinical history, and/or taste preferences.

Some children do not enjoy the taste of nuts and prefer to eat them as a biscuit. If this is the case for your child, we will ask you to make the nut biscuits at home and bring them to hospital for their food challenge. This leaflet explains how to make the nut biscuits. Please contact the paediatric allergy team using the details on page 2 if you have any questions about this recipe.

If your child tolerates a particular nut but you find it difficult to introduce that nut into your child's diet, you could also use this recipe.

Who can this recipe be used for?

This recipe can be used for children:

- who will try a particular nut in hospital as a challenge test. In this case, parents will need to make at least two biscuits and bring them to hospital. Your child will need to eat both biscuits during the test.
- who tolerate a particular nut and may find it easier to eat that nut within a biscuit.

Ingredients (makes 2 biscuits):

- ground nuts - see the table on page 2 for amount
- 20g caster sugar
- 10g beaten egg*
- a pinch of baking powder or bicarbonate of soda
- 1 teaspoon of cocoa powder or drinking chocolate - optional

*NB: If your child is allergic to eggs, use 20g of ripe mashed banana instead (if not allergic to banana).

If you have been asked to combine 2 different nuts, double the quantity of the other ingredients (e.g. 40g sugar etc). You will still only make 2 bigger biscuits.

Nut	Quantity of ground nut
Almond	21g (approximately 20 nuts)
Brazil	31g (approximately 11 nuts)
Cashew	25g (approximately 16 nuts)
Hazelnut	31g (approximately 37 nuts)
Macadamia	34g (approximately 19 nuts)
Pecan	49g (approximately 29 nuts)
Pistachio	18g (approximately 29 nuts)
Walnut	30g (approximately 12 nuts)

Method

1. Pre-heat the oven to 180°C (gas mark 4).
2. Grind/crush the nuts (NB: you should grind whole nuts at home to reduce the risk of cross-contamination. Only use shop-bought pre-ground nuts if your child is not allergic to any other nuts. Do not use nut butters)
3. In a bowl, add the nuts with the other ingredients and mix thoroughly.
4. Divide the mixture into 2 equal balls and press them onto a baking tray lined with greaseproof paper.
5. Bake for 10 to 12 minutes.

The biscuits should look soft when they are taken out of the oven but will harden as they cool. You can make them and keep them in an airtight container for 48 hours or frozen for up to 3 months.

Who can I contact for queries or questions?

If you have any questions about this recipe or any diet-related questions, please call the paediatric allergy dietitians on **020 3312 1127**. For any other questions relating to food challenges, please call the allergy nurses on **020 3312 1381**. It will ask you to leave a voice message and the allergy nurses will get back to you within two to three working days.

Please note that this number is not for urgent healthcare queries or emergencies. For urgent queries contact 999 (for emergencies), 111 (for non-emergencies) or your GP, as appropriate. Please see the table below for other useful contact numbers.

Paediatric allergy nurses (for allergy-related health queries) **020 3312 1381**

Admin teams (for appointment-related queries)

- Food/drug challenge appointments booking **020 3311 6611**
- Main reception (paediatric allergy, St Mary's Hospital) **020 3312 1381**
- Outpatients department appointments (St Mary's Hospital) **020 3312 6315**
- Outpatients department appointments (Hammersmith Hospital) **020 3313 4727**

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk.