



Egg Dosing Tip Sheet

- ❖ Make an egg sandwich using an oreo, crackers, bread, or chips
- ❖ Cut up the egg into small pieces and mix into apple sauce
- ❖ Cut up the egg into small pieces and mix into melted chocolate
- ❖ Add ketchup, hot sauce, salt/pepper, or any seasoning with your eggs
- ❖ Mix your eggs with breakfast meat, such as sausage, bacon, ham, chorizo, or spam
- ❖ Add your egg **maintenance** into a pancake or waffle
- ❖ Make a breakfast taco using small tortillas. Add potatoes, avocado, sour cream, cheese, bell peppers, etc.
- ❖ Cut up your eggs, sprinkle them over nacho chips, and add cheese to make nachos.
- ❖ Cook your eggs into hashed browns
- ❖ Cut up eggs into small pieces and place between two tater tots or hashed browns
- ❖ Use your favorite deli meat, such as salami, and roll up your egg inside the deli meat
- ❖ Add raw egg to rice and add in your favorite meat, such as sausage or spam. Add sesame oil.
- ❖ Add raw egg to a fruit smoothie
 - Note: your child must chew some of the smoothies for oral exposure. It cannot simply be swallowed.

Egg Information

- ❖ **STORAGE:** Measure out and cook your egg dosing or maintenance and store it in the freezer for up to 3 months.
- ❖ Do not bake egg **treatment** dosing unless told otherwise. You can bake your egg once it is in maintenance.