



Mylan and Disney have formed an alliance to create unique resources for families like yours. Please explore MyAllergyKingdom.com to learn more about the Mylan-Disney alliance and to find advice and inspiration for living life to the fullest while managing severe allergies.



Newly Diagnosed

Has your child recently been diagnosed with severe allergies? Start here.

- Severe Allergy and Anaphylaxis FAQs
- Newly Diagnosed? Time for a Pantry Overhaul!
- 6 Easy Ways to Remember Epinephrine



FEATURED ARTICLE

The Best Accommodation on Our 504 Plan

Parents of kids with severe allergies share the one request that's made the biggest difference in their child's school year.

FEATURED ARTICLE

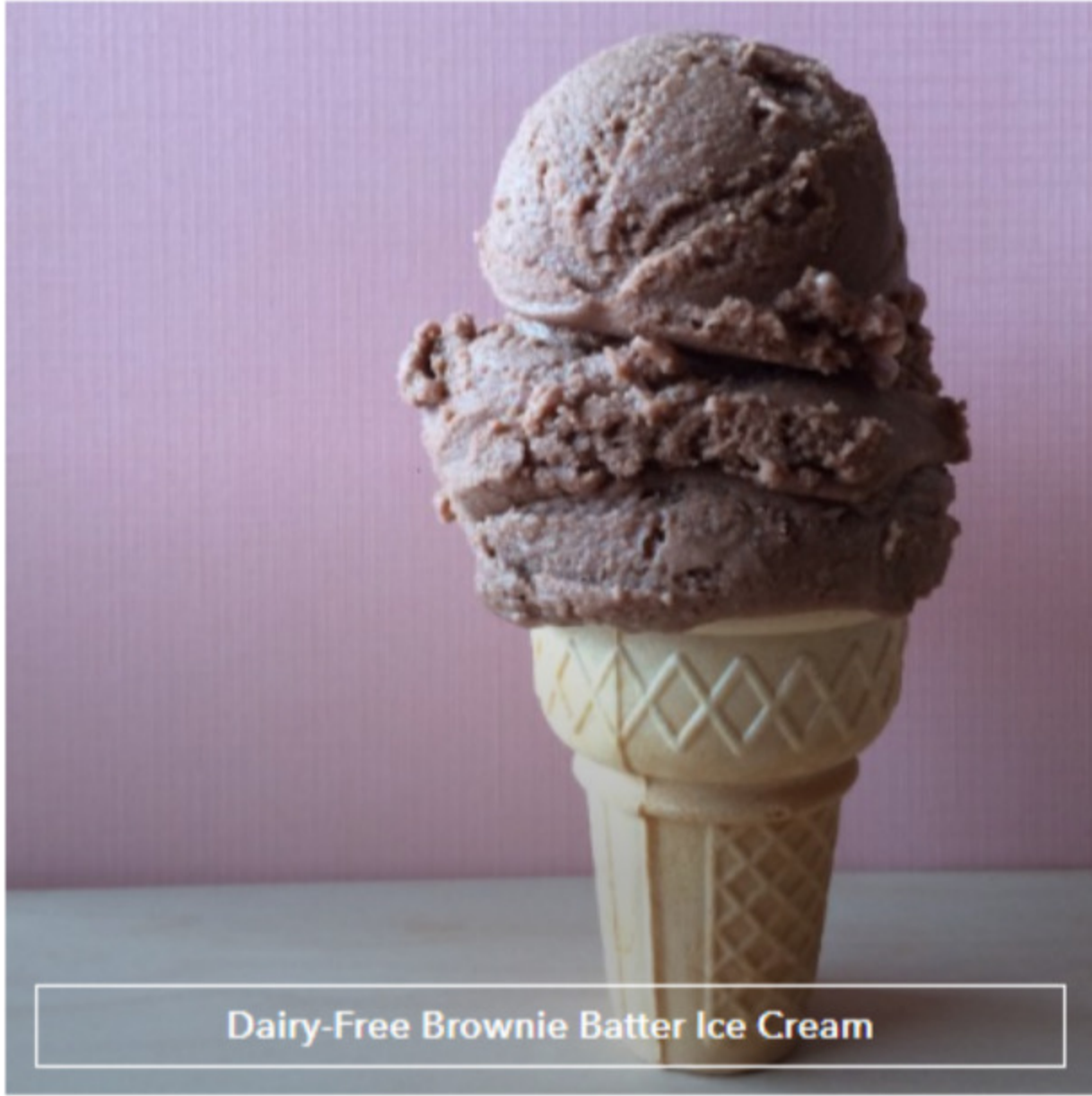
Sample Letter to Class Parents

Sending a letter home to fellow parents can help keep your child's classroom allergy-friendly. Use our example as your guide.



DELICIOUS ALLERGY-FRIENDLY RECIPES

SEE ALL →



Dairy-Free Brownie Batter Ice Cream



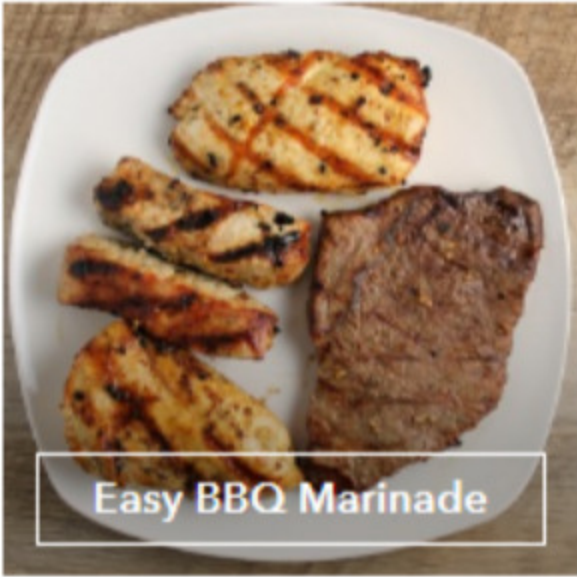
Allergy-Friendly Campfire Recipes



Black Bean Hummus



Homemade Granola



Easy BBQ Marinade

EVENTS

SEE ALL →



AUGUST THROUGH NOVEMBER 2016

FARE Walk for Food Allergy – Various locations

Raise funds and awareness at one of FARE's food allergy walks, which kick off in August. They take place in cities across the country, including Denver, Salt Lake City, and Boston.



RECENT ARTICLES

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ASK AN EXPERT

Allergies and Discipline

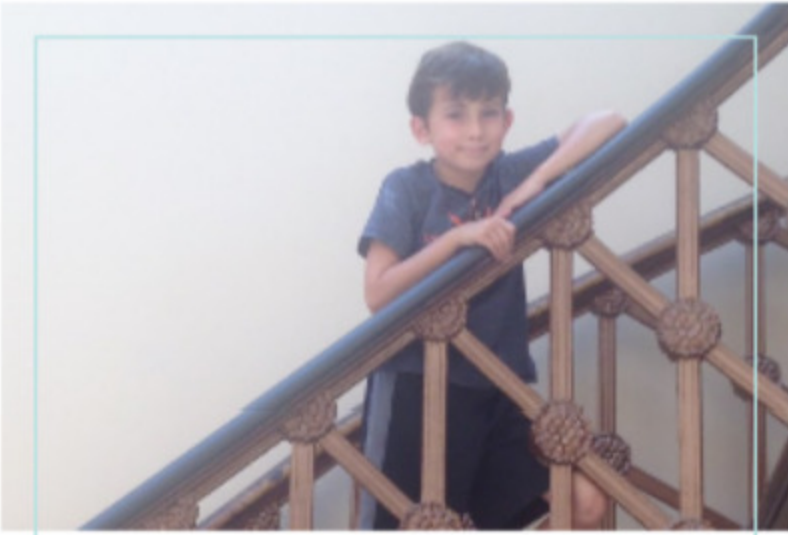
Q: Our son sometimes forgets to carry his epinephrine auto-injectors, and occasionally we'll find out that he's eaten food he can't be sure is allergy-friendly. Is it OK to punish him for this kind of behavior, or is that like punishing him for having severe allergies?



TERESA'S ALLERGY-MOM BLOG

Dealing With the Headlines

Stories about other teens' anaphylaxis are scary. Here's how I keep my worrying in check.



ANGIE'S ALLERGY-MOM BLOG

An Evening in Evan's Shoes

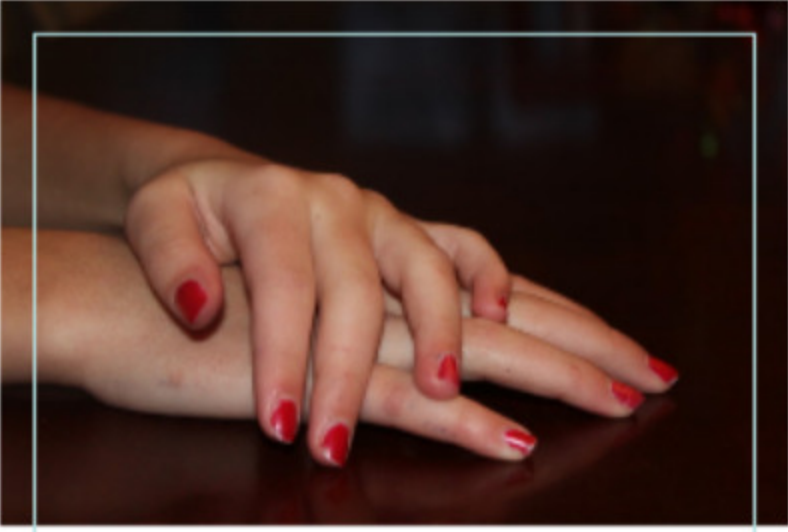
A recent trip to a peanut-filled restaurant got me worrying about how Evan will handle risky social situations in the future.



ASK AN EXPERT

Clubs and Activities

Q: Our daughter wants to participate in several drop-off lessons and after-school programs. How should we handle allergy training for these situations?



TERESA'S ALLERGY-MOM BLOG

Allergy-Friendly Beauty Products

Natalie and I love spa days and cosmetics, but many hair and skincare products contain peanuts, tree nuts, or nut oils.



SMART EATING

Cooking Allergy-Friendly on a Budget

Allergy-friendly foods aren't always cheap. But with some creative strategies, I was able to cut our family's grocery bill in half.



LOAD MORE

#ALLERGYFRIENDLY NEWS FROM MYLAN ON TWITTER

@Anaphylaxis101

As you get ready to go **#backtoschool**, make sure all of your child's forms are up-to-date. Find sample forms here: <http://bit.ly/1QPszsC>

@Anaphylaxis101

To help your child w/ **#severeallergies** get ready to go **#backtoschool**, here's a sample letter for class parents: <http://bit.ly/2bbwWIM>

@Anaphylaxis101

#FactFriday: Of the children in the U.S. with a **#foodallergy**, about 30% of them have allergies to multiple foods

TIPS & IDEAS

Experts and parents share smart strategies for living with severe allergies.

FEATURED ARTICLES



SCHOOL

Back-to-School Checklist & Resources

From requesting a 504 plan to getting ready for school lunch, these steps can help you feel confident about sending your child with severe allergies back to class.



SCHOOL

The Best Accommodation on Our 504 Plan

Parents of kids with severe allergies share the one request that's made the biggest difference in their child's school year.



SPEAKING OUT

How to Defuse Food Allergy Misconceptions

It's frustrating when someone brushes off – or questions – your child's severe allergies. Be prepared with a tactful, educational response.



SCHOOL

Sample Letter to Class Parents

Sending a letter home to fellow parents can help keep your child's classroom allergy-friendly. Use our example as your guide.



ASK AN EXPERT

Dating With Allergies

Q: My teenage daughter wants to start going on unsupervised dates. How can I have the severe allergy talk with her dates – without completely embarrassing her?



FAMILY

Getting on the Same Page as Your Partner

My husband and I have very different approaches when it comes to dealing with our son's severe food allergies. Over the years, we've learned how to work together.



ASK AN EXPERT

The Earlier the Better?

Q: My son will start kindergarten in a couple years. Should I start talking to the school now to make sure they're fully prepared for his severe allergies by the time he enrolls?



SPEAKING OUT

7 Ways to Get Involved in Allergy Awareness Month

This May, raise awareness about severe allergies – and have fun! – with these family activities.



ASK AN EXPERT

Field Trips

Q: My son's class is scheduled to go on their first field trip since he was diagnosed with severe allergies. What can I do to make sure he's taken care of?



ON THE GO

5 Questions to Ask When Choosing a Summer Camp

Looking for a new camp this year? Here are some tips from camp experts and parents on how to find one that can accommodate your child's severe allergies.



ASK AN EXPERT

Nut-Free Schools

Q: Should we try to lobby our child's school to adopt a nut-free policy?



FAMILY

Quiz: What's Your Severe Allergy Secret Weapon?

Dodging allergens and staying ready to fight a reaction is every allergy parent's first line of defense. But it's your unique set of skills that wins the day for your child. What's yours?



ON THE GO

Allergy Parents Reveal: The Best Thing We Did Before Traveling

From what to put on your packing list to where to sit on the plane, these seven moms share their family vacation advice.



PRINTABLES

Printable "No-Nuts Zone" Sign

Print out and post these signs as a friendly reminder in classrooms and cafeterias where nuts aren't allowed.



SCHOOL

Spring Sports: A Midyear Game Changer

Whether your child wants to sign up for track, tennis, or another team, these moves can help prepare you and the coaching staff.



SPEAKING OUT

Empowering Kids With Severe Allergies to Speak Up

Help your child understand the importance of avoidance of allergens, even when you're not there to run interference, with these five steps.



SPEAKING OUT

Dealing With Allergy Bullies

More than one in three kids with food allergies have been bullied. Three moms share their stories – and how they handled the situation.



SCHOOL

Navigating the 504 Plan Meeting

Having this plan in place is key for keeping your child safe and included in school. To facilitate the planning meeting, keep these six guidelines in mind.



FAMILY

When One Sibling Has Allergies

When one of your children has a severe allergy, what does that mean for the rest of the family? We had to decide if we wanted to make allergens off-limits for our entire home.



ADVICE

5 Questions to Ask a Potential Babysitter

Not every candidate may have the necessary skills to care for a child with severe allergies – yet.



SCHOOL

The Non-Edible Classroom

From celebratory pizza parties to math lessons using countable candy, food has become a part of school culture. These ideas can offer your child's teachers some ways to swap out the edible items but keep the fun.



SCHOOL

What to Ask About the "Allergy Table"

While school policies vary, it's important to know that your child can avoid allergens while dining – but also feel included. Here are five questions worth asking.



ON THE GO

Disney Parks Guide for Families With Severe Allergies

Disney Parks are the happiest places on earth for many parents of children with severe allergies! Here's what you need to know to plan your trip.



ON THE GO

Tips for Traveling With Severe Allergies

Whether it's a faraway adventure or a train ride to Grandma's, these strategies can help ensure a smooth trip.



ON THE GO

Adventurous, Outdoorsy, and Allergic

Spending a day out in nature can seem intimidating with severe allergies, but a little prep work can make it doable.



ON THE GO

6 Easy Ways to Remember Epinephrine

It can be difficult to remember to keep two epinephrine auto-injectors (EAI's) with you and your child at all times. Here are some effective systems.



ON THE GO

Stress-Less Playdates

Help your child safely attend playdates – without sending his or her hosts into the worry zone – with advice from guest blogger and Nut-Free Mom, Jenny Kales.



RECIPES

Eggless Eggnog Glazed Donuts



By Keeley McGuire, guest blogger, Allergy Friendly Fun Lunch Boxes, keeleymcguire.com

Eggnog is a tough holiday treat for many with severe allergies, since its two main ingredients (eggs and milk) are among the top eight food allergens – and so are the common substitutes, like nut milks, found in many healthy- or vegan-alternative recipes. But there are ways to get that classic creamy flavor in an allergy-friendly treat! These eggnog donuts will give you all the warm fuzzies of the holidays, thanks to the cinnamon and nutmeg. The glaze topping is optional, but it adds another layer of spice, plus it allows you to get the kids involved by having them add colorful holiday sprinkles on top. Don't have a donut pan? That's okay! A mini muffin pan will also work (you may just need to adjust the bake time slightly.)

Serves: 6

[Print](#) [Email](#)

PREP TIME
15 minutes

COOK TIME
20 minutes

TOTAL TIME
35 minutes

What You'll Need

- Allergy-friendly nonstick cooking spray
- 1 large ripe banana
- ½ cup coconut milk* (or allergy-friendly non-dairy milk of choice)
- ½ tablespoon ground flaxseed
- 2 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg
- 1 teaspoon ground ginger (optional)
- 1 teaspoon vanilla (unless using vanilla flavored non-dairy milk, then omit)
- 1 cup pancake mix (like Enjoy Life® Pancake + Waffle Mix)
- ¼ cup brown sugar
- ½ cup unsweetened applesauce
- 1 cup confectioners' sugar
- Additional spices and sprinkles (optional)

How to Make It

- 1 Preheat oven to 350°. Spray a six-cavity donut pan with cooking spray and set aside.
- 2 In a blender, add the banana, non-dairy milk, flaxseed, cinnamon, nutmeg, ginger (optional), and vanilla. Blend the “nog mixture” until smooth, then set aside.
- 3 In a medium-size mixing bowl, stir together pancake mix and brown sugar.
- 4 Stir in the applesauce and ¼ cup + 1 tablespoon of the nog mixture from your blender (save the remainder). Mix until well combined.
- 5 Pour the batter evenly into the six cavities of the donut pan. Bake for 18 to 20 minutes.
- 6 Let cool in the pan for at least 5 minutes, then carefully remove donuts from the pan and transfer to a cooling rack.
- 7 To make the glaze, combine the confectioners' sugar and ¼ cup of the remaining nog mixture. Stir until a glaze is formed. Add additional spices, if desired, at this time. If glaze is too runny, add additional confectioners' sugar. If it's too thick, add additional nog mixture.
- 8 When the donuts have cooled, either dip donuts into the glaze or spoon the glaze over the donuts. Add optional colorful holiday sprinkles, if desired. Enjoy!

Nutritional Information

Serving Size: 1 donut

Calories 211	Fiber 3g
Total Fat 2g	Protein 4g
Total Carbohydrate 35g	



Disclaimer: The experiences, opinions, and suggestions recounted in this article are not intended as medical advice. They are unique to the family depicted and do not necessarily represent the “typical” experience of families with a child who has severe allergies. Families should talk to their healthcare professionals regarding the treatment of severe allergies.

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YOU MAY ALSO LIKE



Pumpkin Chocolate Chip Muffins



Apple Hand Pies



Allergy-Friendly Campfire Recipes



3 On-the-Go Breakfasts



Homemade Granola



Morning Glory Muffins