

# FPIES

(Food Protein-Induced  
Enterocolitis Syndrome)

# Summary of FPIES

Food Protein-Induced Enterocolitis Syndrome, commonly known as FPIES, is an allergic reaction within the gastrointestinal system. A few common food triggers are milk and soy, but any food could cause a reaction. It typically starts within the first year of life.

Unlike most allergies, the FPIES reactions occur about two hours after the causative food is ingested. Reactions are most characterized by profuse vomiting and diarrhea. Around 20% of cases can cause such extreme reactions that the child can go into shock. In this case the child needs to be transported to the ER for immediate treatment. Around 75% will have acute episodes upon diagnosis. The other 25% will have more chronic symptoms, which resolve within a week of avoiding the particular food.

# Nutrition Considerations

The nutrition considerations may include eating anything, but the offending food. My family has to do this for my cousin by checking packages to make sure they don't contain any form of sweet potatoes. Another option would be to eat foods that can provide the same nutrition as the offending food.

# Baked Item Description

This recipe is a dairy-free, egg-free biscuit cookie looking things. The lady that came up with the idea for her 1-year old son. She doesn't say what his FPIES allergy is in the information provided with the recipe.

To me it looks like a kind of pancake and cookie hybrid. They are very tasty and aren't like an ordinary savory or sweet biscuit. Some of the ingredients are also a little different, but other than that, they are good.

# How It Fits

This biscuit fits into the nutrition guidelines of someone who has allergic reactions to cow's milk and eggs. It also includes ingredients that are as nutritious as the food items that are being avoided.

# Recipe for FPIES-Friendly Breakfast Biscuits

## Ingredients:

2 Tablespoons ground chia seeds

½ cup water

2 cups Garbanzo bean flour

½ cup ground flax seed

4 Tablespoons sugar

4 teaspoons baking powder

1 teaspoon salt

2 cups unsweetened coconut milk

½ cup unsweetened applesauce

1 teaspoon vanilla

## Directions:

1. Pour ground chia and water into small bowl. Stir, set aside to gel (30 minutes).
2. Preheat oven to 350 degrees Fahrenheit. Line cookie sheet with parchment paper.
3. While chia gel is forming, continue. In a medium bowl, whisk together garbanzo bean flour, ground flax seeds, sugar, baking powder, cinnamon, and salt. Set aside.
4. In a small bowl, whisk together coconut milk, applesauce, and vanilla.
5. Pour liquids into dry. Whisk to combine.
6. Add chia eggs. Whisk it again! Let batter rest for 10-15 minutes.

7. Spoon out half-dollar size dollops onto parchment paper, about 1.5 inches apart. Bake for 14 minutes; turn sheets 180 degrees (halfway around). Bake another 14 minutes, or until edges are golden and cakes COMPLETELY come off parchment paper without sticking at all.

# Resources

Webpages: [www.fpies.org](http://www.fpies.org)

Human Resources: [My Aunt](#)

Recipe Resources: [www.food.com](http://www.food.com)