WHAT IS CLAIMED IS:

1. A method of making a substantially aerobic organism free mixed allergen composition, comprising:

providing a mixed allergen composition comprising 6 to 20 allergens and a bulking agent, wherein the mixed allergen composition comprises ~~at least~~from 6% to 12% fat content, wherein the bulking agent is sugar, and wherein the sugar is sucrose, maltodextrin, or a combination thereof;

milling the mixed allergen composition in a conical mill to obtain a milled composition with substantially consistent particle size, wherein milling the mixed allergen composition comprises applying a vacuum suction through the conical mill; and

applying microwaves or radio frequency interference to the milled composition so that the milled composition is heated to at least 87.8°C (190°F) for at least 30 minutes,

thereby to obtain the substantially aerobic organism free mixed allergen composition.

~~2. The method of claim 1, wherein the mixed allergen composition comprises at least 12% fat content.~~

~~3.~~2. The method of claim~~s~~ 1~~ or 2~~, wherein milling the mixed allergen composition comprises using a rotor speed of about 9000 RPM.

~~4.~~3. The method of~~ any one of claims 1-3~~ claim 1 or claim 2, wherein milling the mixed allergen composition comprises passing the mixed allergen composition through a screen with an opening size of about 0.838 mm (0.033 inches).

~~5. The method of any one of claims 1-4, wherein milling the mixed allergen composition comprises applying a vacuum suction through the conical mill.~~

~~6.~~4. The method of any one of claims 1-~~5~~3, further comprising wetting the milled composition to a moisture content of 6% to 9% prior to applying microwaves or radio frequency interference to the milled mixed allergen composition.

~~7.~~5. The method of claim ~~6~~4, wherein the milled composition is wetted to a moisture content of ~~about~~ 9% prior to applying microwaves or radio frequency interference to the milled mixed allergen composition.

~~8.~~6. The method of any one of claims 1-5~~7~~, further comprising wetting the milled composition to a water activity of 0.65 to 0.8 prior to applying microwaves or radio frequency interference to the milled mixed allergen composition.

~~9.~~7. The method of claim ~~8~~6, wherein the milled composition is wetted to a water activity of 0.75 to 0.8 prior to applying microwaves or radio frequency interference to the milled mixed allergen composition.

~~10.~~8. The method of any one of claims 1-~~7~~9, wherein the milled composition is heated to at least 93.3°C (200°F) for at least 60 minutes.

~~11.~~9. The method of claim ~~8~~10, wherein the milled composition is heated to at least 110.0°C (230°F) for at least 60 minutes.

~~12.~~10. The method of any one of claims 1-~~11~~9, wherein the milled composition is heated to no more than 121.1°C (250°F).

~~13.~~11. The method of any one of claims 1-~~12~~10, wherein the milled composition is heated for no more than 360 minutes.

~~14.~~12. The method of any one of claims 1-~~13~~11, wherein the milled composition is heated in a microwave blender.

~~15.~~13. The method of claim ~~14~~12, wherein the microwave blender includes a 75,000 watt microwave transmitter.

~~16.~~14. The method of any one of claims 1-~~15~~13, further comprising pressurizing the milled composition to at least 206.8 kPa (30 psi) for at least 30 minutes.

~~17.~~15. The method of claim ~~16~~14, wherein applying microwaves or radio frequency interference to the milled composition and pressurizing the milled composition are conducted simultaneously.

~~18.~~16. The method of any one of claims 1-~~17~~15, wherein the substantially aerobic organism free mixed allergen composition has fewer than 4.5, 4, 3.5, 3, 2.5, 2, or 1.5 log CFU/g total aerobic organisms.

~~19.~~17. The method of any one of claims 1-~~18~~16, wherein the substantially aerobic organism free mixed allergen composition has at least 0.5, 1, 1.5, 2, 2.5, 3, 3.5, or 4 log CFU/g fewer total aerobic organisms than a mixed allergen composition that has not been prepared by said method.

~~20.~~18. The method of any one of claims 1-~~19~~17, wherein the substantially aerobic organism free mixed allergen composition has fewer than 1 log CFU/g total coliforms.

~~21.~~19. The method of any one of claims 1-~~20~~18, wherein the substantially aerobic organism free mixed allergen composition has a substantially similar protein structure as the mixed allergen composition that has not been prepared by said method as measured by SDS-PAGE.

~~22.~~20. The method of any one of claims 1-~~21~~19, wherein the substantially aerobic organism free mixed allergen composition has a substantially similar allergen effect as the mixed allergen composition that has not been prepared by said method as measured by immune response in a patient.

~~23. The method of any one of claims 1-22, wherein the bulking agent comprises a sugar.~~

~~24.~~21. The method of any one of claims 1-~~23~~20, wherein the mixed allergen composition comprises equal parts by protein mass of: at least one nut flour, wherein each nut flour is selected from the group consisting of peanut flour, almond flour, walnut flour, cashew flour, hazelnut flour, pecan flour and pistachio flour; at least one fish powder, wherein each fish powder is selected from the group consisting of cod powder and salmon powder; wheat; and powdered hen's egg or egg white.

~~25.~~22. The method of claim ~~24~~21, wherein the mixed allergen composition further comprises at least one additional allergen component each selected from the group consisting of oat flour, sesame seed flour, and shrimp flour.

~~26.~~23. The method of claim~~s~~ ~~24~~21 or ~~25~~claim 22, wherein the mixed allergen composition further comprises soy.

~~27.~~24. The method of any one of claims ~~24~~21-~~26~~23, wherein the mixed allergen composition further comprises vitamin D.

~~28.~~25. The method of any one of claims ~~24~~21-~~27~~24, wherein the mixed allergen composition comprises:

30 mg by protein weight shrimp powder;
30 mg by protein weight almond powder;
30 mg by protein weight wheat;
30 mg by protein weight cod powder; and
30 mg by protein weight powdered hen's egg.