

Allergy-Friendly Bake Off

Part of the Healthy Frog Program

The Healthy Frog program was started in 2020 by two nutrition students following their involvement with TCU Dining in their nutrition courses. After being assigned a class project to change the perception of what “healthy eating” means among their fellow Horned Frogs, these two ambitious students decided to create a business plan for a new health and wellness program at TCU called The Healthy Frog. Embodying a program created by the students for the students, The Healthy Frog program curriculum continues to evolve from numerous student surveys and focus groups to ensure the education aligns with the ever-changing needs and preferences of the student body.

Learn more about
The Healthy Frog Program



Article - How the Healthy Frog Program
is Meeting Students Where They Are



Now led by the Campus Dietitian and various talented nutrition interns, this legacy of student-centered practical education has evolved through various groups of student leaders and grown into the program it is today. The latest addition to this program driven by changing student trends is Ms. Mae’s Allergy-Friendly Bake-Off - the newest chapter in a multi-decade partnership with TCU’s nutrition department.



Investing in Students' Futures

The Newest Chapter in a Multi-Decade Partnership

While the Bake-Off is a New Event, the TCU Dining Team Has Been Partnering with the Nutrition Department for Almost 20 Years



Video - The History of the Program



Video - Learning Beyond the Classroom



The Bake-off Event Served as an Example of TCU Dining's Commitment to Meeting the Needs of the Student Body

This Program also Carries a Legacy of Fostering Professional Development Among TCU Students with Many Participants Going on to Become Leaders in Their Communities

Considered one of the greatest success stories, two of the students who were part of this long-standing program created The Healthy Frog Program while students at TCU, a program that continues to thrive today

Video - Building a Legacy of Fostering Professional Development



Objectives

Goal #1

To educate the contestants regarding an emerging area of dietetics – allergy-friendly recipe development

1

By the end of the event, contestants will be able to describe the challenges of allergy-friendly baking and how to substitute common baking ingredients.

2

By the end of the event, contestants will be able to create allergy-friendly desserts that are creative, delicious, and adhere to contest rules.

Goal #2

Integrate student feedback and recipes into the allergen-free dining location on campus and to meet the ever-changing needs of the student body through innovative culinary creations and practical nutrition education

1

Students who participate in the campus-wide portion of the event will be able to identify allergy-friendly options on campus.

2

By the end of the event, contestants will be able to obtain votes from participants for their dessert through marketing, advocacy, and education.

3

TCU Dining serves the winning recipes at Magnolias Zero 7 and publishes allergy-friendly dessert recipe book for TCU students to recreate recipes.

Curriculum Overview

1

By the end of the event, contestants will be able to describe the challenges of allergy-friendly baking and how to substitute common baking ingredients.

Activities

- Campus Dietitian educates contestants about allergy-friendly swaps
- Contestants work with Ms. Mae to create allergen-free desserts
- Contestants develop bake-off recipes with Ms. Mae and the Campus Dietitian

2

By the end of the event, contestants will be able to create allergy-friendly desserts that are creative, delicious, and adhere to contest rules.

Activities

- Contestants create allergy-friendly desserts without 9 of the top allergens
- TCU Dining team judges desserts based on flavor, presentation, and creativity
- Student body votes for best desserts during campus-wide portion of event

3

Students who participate in the campus-wide portion of the event will be able to identify allergy-friendly options on campus.

Activities

- Contestants create marketing content accurately describing their desserts
- Contestants educate their peers about allergy-friendly options on campus while handing out their samples

4

By the end of the event, contestants will be able to obtain votes from participants for their dessert through marketing, advocacy, and education.

Activities

- Contestants create Instagram posts to encourage students to try desserts
- Contestants describe their dessert, including its "allergy-friendly" components, to encourage participants to vote for their team

5

TCU Dining serves the winning recipes at Magnolias Zero 7 and publishes allergy-friendly dessert recipe book for TCU students to recreate recipes.

Activities

- Magnolias team recreates winning desserts for entire student body to enjoy
- TCU Dining team promotes the new student-recipe desserts at Magnolias
- TCU Dining team publishes all of the dessert recipes in an allergy-friendly recipe book via the TCU Dining website and Instagram

Innovative Education

Understanding Challenges with Food Allergies

Objective

1

By the end of the event, contestants will be able to describe the challenges of allergy-friendly baking and how to substitute common baking ingredients.

Campus Dietitian
Educates Contestants
About Allergy-
Friendly Swaps

Allergy-Friendly Recipe Swaps

Eggs

- Binding agent in baked goods
 - Chia or flax seeds
 - Applesauce
 - Mashed Banana
 - Aquafaba (starchy liquid from canned chickpeas)
- Leavening agent in baked goods
 - Vegetable oil + baking powder + water
 - Great for muffins and scones!



Full Presentation



Nutrition students helping to make
some delicious Magnolias desserts!



Contestants Work with
Ms. Mae at Magnolias Zero 7



One of the hallmark characteristics of Ms. Mae's desserts at Magnolias Zero 7 is that they taste identical to desserts containing the top 9 allergens. When trying Ms. Mae's delicious creations, students are always surprised to find out they are allergen-free!

Innovative Education

Understanding Challenges with Food Allergies

Contestants Develop Bake-Off Recipes

Berry Oatmeal Bars

Yield: 12 Bars

INGREDIENTS

2 cups gluten-free oats
1 tsp baking powder
1 tsp cinnamon
1/2 tsp salt
1/2 cup gluten-free oat milk
1/4 cup mashed banana
1/4 cup honey
2 Tbsp ground flaxseed
2 tsp sunflower oil
1 tsp vanilla extract
1 cup fresh strawberries
1/2 cup blackberries

INSTRUCTIONS

1. Preheat oven to 375°F.
2. In a large mixing bowl, combine all of the ingredients except for the berries.
3. Stir until combined, then gently fold in the strawberries.
4. Line an 8" x 8" square baking pan with parchment. Pour the batter in and spread evenly.
5. Top with the blackberries.
6. Bake for 30-35 minutes or until the bars are cooked through and hold their shape.
7. Remove from the oven and let cool for about 15 minutes.
8. Cut into bars and enjoy!

Pumpkin Spice Muffins

Yield: 12 Muffins

INGREDIENTS

1 ½ cup pumpkin puree
3/4 cup granulated sugar
1/3 cup maple syrup
2/3 cup unsweetened applesauce
1 tsp vanilla extract
1 ¾ cups gluten-free flour
1/2 tsp salt
1 tsp baking soda
1/2 cup Enjoy Life white chocolate chips
1/2 cup avocado oil
2 tsp cinnamon
1/4 tsp cloves
1/2 tsp nutmeg

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Add flour, sugars, baking soda, salt, and spices to a large mixing bowl.
3. Whisk until combined.
4. Add eggs, pumpkin puree, oil, and vanilla extract.
5. Mix just until combined.
6. Spoon batter into the muffin liners until 2/3 full.
7. Bake for 24-28 minutes or until a toothpick comes out clean.

“

Under Ms. Mae's guidance, I gained knowledge about the nuances of baking without allergens as well as a creative attitude that inspired experimentation. Ms. Mae's abundance of information served as motivation, fueling a desire to experiment with various methods and ingredients to produce unique and delicious results. Through this mentoring, I was able to gain a deeper grasp of allergy-friendly baking and experience the thrill of embracing creativity in the kitchen.

- Sophomore TCU Student

”

Objective Met!

1

By the end of the event, contestants were able to describe the challenges of allergy-friendly baking and how to substitute common baking ingredients.

Innovative Education

Allergy-Friendly Culinary Training

Objective

2

By the end of the event, contestants will be able to create allergy-friendly desserts that are creative, delicious, and adhere to contest rules.

Contestants Create Allergy-Friendly Desserts without 9 of the Top Allergens



Free From

Eggs • Dairy • Wheat • Gluten • Tree Nuts • Peanuts • Sesame • Fish • Shellfish

The contestants had a lot of fun experimenting with different alternative ingredients to make their allergy-friendly desserts and went above and beyond in their creativity and presentation! The students created everything from a classic Italian Lemon Cake to Chocolate Cupcakes with Avocado Icing, illustrating their dedication to thinking outside of the box and utilizing what they learned from the Campus Dietitian's allergy-friendly swaps presentation.



Innovative Education

Allergy-Friendly Culinary Training



TCU Dining Team Judges Desserts Based on Flavor, Creativity, and Presentation



Student Body Votes for Best Desserts at Campus-wide Event



Objective Met!

2

By the end of the event, contestants were able to create allergy-friendly desserts that were creative, delicious, and adhered to contest rules.



Innovative Education

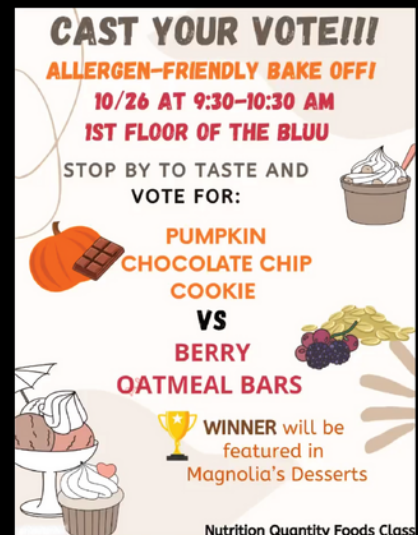
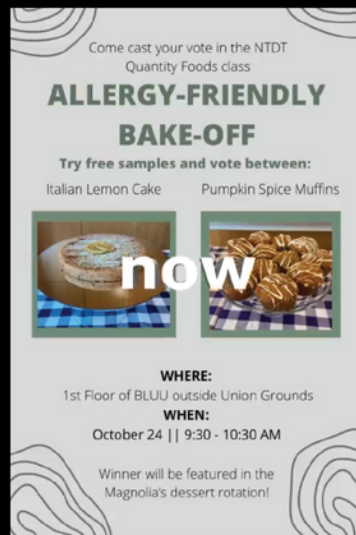
Using Peer Education for a Greater Impact

3

Objective

Students who participate in the campus-wide portion of the event will be able to identify allergy-friendly options on campus.

Contestants
Create
Marketing
Content +
Education



Following a brief introduction to nutrition marketing and personal branding, the contestants created their own promotional content for the campus-wide portion of the event. The contestants utilized their friendly competitive spirits to encourage participants to attend the event to vote for their team's dessert. Some contestants even went as far as sending the flyer in sorority and residence hall group chats to further increase participation. By creating effective marketing content and using appropriate language to describe their desserts, the contestants bridged the gap between production and communication, taking on the roles of multiple foodservice managers at once.

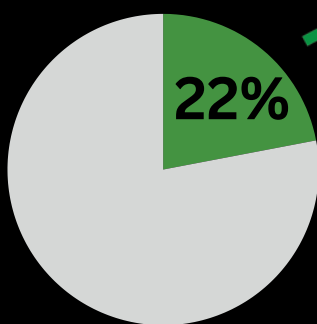
Innovative Education

Using Peer Education for a Greater Impact

Why is this event important?

22% of TCU students have at least one of the top 9 food allergies

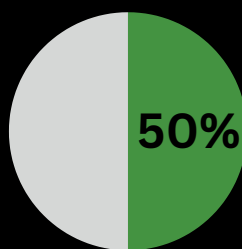
According to 2023 Survey Data



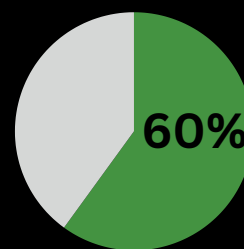
Approximately 50% of students with food allergies indicated satisfaction with dining options on campus and nutrition education prior to the bake-off event

Impact of Bake-Off Event

Students with food allergies satisfied with dining options on campus and nutrition education



Prior to Bake-Off Event



After Bake-Off Event

3

Objective Met!

Students who participated in the campus-wide portion of the event are better able to identify allergy-friendly options on campus.

Innovative Education

Nutrition Marketing and Personal Branding

Objective

4

By the end of the event, contestants will be able to obtain votes from participants for their dessert through marketing, advocacy, and education.

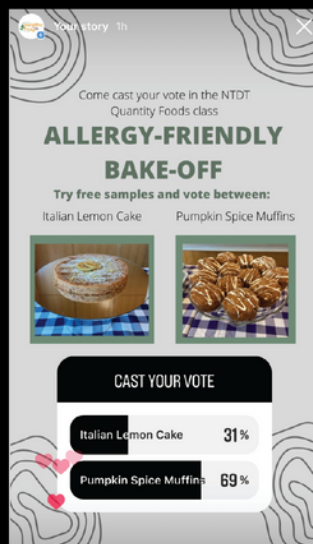
Contestants Create Instagram Posts to Encourage Students to Try Their Desserts

“

My participation in the allergy-friendly bake-off provided me with a special opportunity to learn about food product marketing. I learned how important it is to produce powerful marketing, like our visually striking flyer that highlighted our dessert.

- Junior TCU Student

”



Even though some of the participants did not personally have food allergies, they all had a friend or family member who had experienced having to seek out allergy-friendly food options. This empathy and understanding for their peers made this event more personal to them - they knew how important it was to provide accurate education and marketing around allergy-friendly food options. For example, the students made sure to call their desserts "allergy-friendly" rather than "allergen-free" to ensure their peers understood the desserts were created in a kitchen with the possibility for contact with allergens.

Innovative Education

Nutrition Marketing and Personal Branding

Contestants Describe Their Dessert to Encourage Students To Vote for Their Team

“

As we interacted with potential tasters, developing an elevator pitch that would clearly communicate the tangible features of our dessert and convince them to try it became increasingly important. In addition to improving my ability to persuasively explain the benefits of our allergy-friendly product, this practical introduction to marketing techniques deepened my knowledge of the critical role that marketing plays in the success of culinary efforts.

”

- Junior TCU Student



Objective Met!

4

By the end of the event, contestants successfully obtained votes from participants for their dessert through marketing, advocacy, and education.



Innovative Education

Making a Lasting Impact

5

Objective

TCU Dining serves the winning recipes at Magnolias Zero 7 and publishes allergy-friendly dessert recipe book for TCU students to recreate recipes.

Magnolias Team
Recreates Winning
Desserts for Student
Body to Enjoy



Being able to contribute to a greater mission on campus instilled a great sense of pride in the contestants. One of the contestants even brought her mom to see her dessert while it was featured at Magnolias Zero 7. The contestant was moved to tears as she reminisced with Ms. Mae about the bake-off competition and what it meant to both of them.

MAGNOLIAS
ZERO 7

ALLERGY FREE KITCHEN - FREE OF
soy + wheat + gluten + eggs + dairy +
shellfish + tree nuts + peanuts + sesame

Student Recipe

Raspberry Chocolate Cupcakes w/ Avocado Icing

Created by TCU Nutrition Students at
Ms. Mae's Allergy-Free Bake-Off!

FRIDAY



MAGNOLIAS
ZERO 7

ALLERGY FREE KITCHEN - FREE OF
soy + wheat + gluten + eggs + dairy +
shellfish + tree nuts + peanuts + sesame

TODAY
Featured Dessert

Student Recipe

Pumpkin Spice Muffins

Created by Paige, Danielle, and Jordan at
Ms. Mae's Allergy-Free Bake-Off!



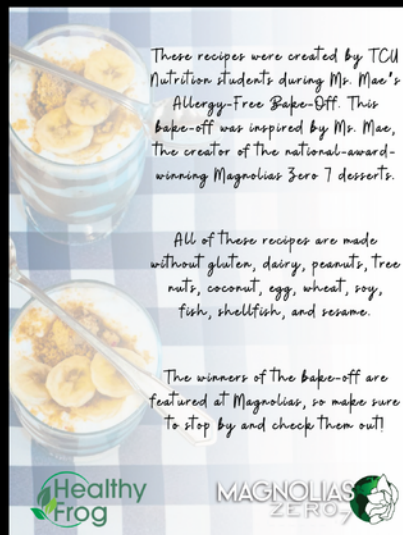
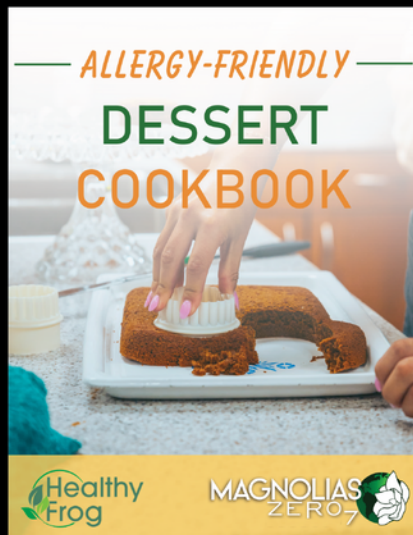
TCU Dining Team
Promotes New
Student Recipes at
Magnolias Zero 7



Innovative Education

Making a Lasting Impact

TCU Dining Team Publishes Allergy-Friendly Student Dessert Recipe Book



Full Recipe Book



Aligning with The Healthy Frog Program's dedication to increase access to nutrition information for all students, all of the contestants' recipes were compiled into a cookbook that was then published on the TCU Dining Website and Healthy Frog Instagram. Now even if students were not able to participate in the event, they can still learn about allergy-friendly desserts and make the recipes at home!

Objective Met!

5

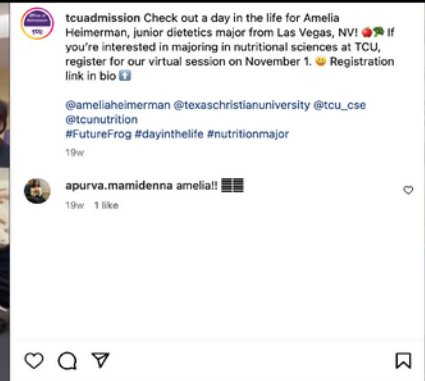
TCU Dining served the winning recipes at Magnolias Zero 7 and published allergy-friendly dessert recipe book for TCU students to recreate recipes.



Investing in Students' Futures

Amelia's Journey from Contestant to Intern

While Competing in the Bake-Off, Amelia's Potential For Educating Her Peers was Evident



Amelia's TCU Admissions Page Takeover Featuring the Bake-Off Competition



Following the Event, Amelia was Recruited as a Nutrition Intern for TCU Dining

“ I was recruited by TCU Dining as a Health and Wellness Intern where I have the opportunity to write articles and host events with the Campus Dietitian. It has been a really great experience and I am so glad I have had this opportunity through this program! ”



Investing in Students' Futures

Amelia's Journey from Contestant to Intern

Now Amelia Writes Health and Wellness Articles, Hosts Events, and Helps to Recruit New Interns



Post-Workout Snacks

Protein + Carbohydrate
= Post-Workout Snack

Examples:
Greek Yogurt + Fruit + Granola
Whole wheat toast + Nut butter + Sliced fruit
String cheese + Sliced fruit

Rehydration is KEY

- Drink 8 oz water within 30 minutes of exercise
- Listen to your thirst cues

Full Article 



Foods for Healthy Skin

Carbohydrates: The skin's primary energy source.

Vitamin A Vitamin C Vitamin E

- Essential for skin protection, growth, and maintenance.


Omega-3 and Omega-6 Fatty Acids: Associated with reduced skin redness.

Polyphenols: Compounds in coffee, tea, and chocolate that protect the skin from UV damage.

Proper hydration helps your skin stay dewy and moisturized.

Read the Full Article 

Healthy Frog



Fueling for Finals

Vary your colors! Eating a variety of fruits and veggies keeps you healthy during times of stress.

Prioritize fueling your body: Try to eat every 3-5 hours to avoid fatigue and irritability from low blood sugar.

Include a protein and a carb in each meal/snack: Carbs are the primary fuel for your brain and protein keeps you satisfied between meals.

Healthy Frog

One of Amelia's articles was written based on the information she learned at the bake-off event!



Amelia's Article - How to Make Any Meal Allergy-Friendly

