

Bake & Breathe: An Allergy-Friendly Mindful Baking Experience

with Tammie Delveaux Rubenzer
Belly Love Holistic Wellness

Bake & Breathe is a 3-week Spring Student Connection Group designed for 6th–8th graders who want to slow down, connect, and build confidence in the kitchen — all while practicing simple mindfulness tools they can use in everyday life.

This program was created in response to parent feedback requesting an allergy-friendly option, and we are intentionally keeping all recipes **gluten-free, dairy-free, and nut-free** to create a safe and inclusive environment for all students

Bake and Breathe recipes are designed with celiac safety in mind and prepared carefully in the home-ec space.



About Tammie

Tammie Delveaux Rubenzer is the founder of **Belly Love Holistic Wellness** and a Board-Certified Holistic Nutrition Practitioner (BCHN), Functional Nutritional Therapy Practitioner (FNTPT), and Integrative Nutrition Health Coach (INHC).

Her passion for inclusive cooking and wellness was born from her own personal health journey. After navigating digestive struggles, food sensitivities, and learning how deeply food impacts mood, energy, and focus, she became committed to helping others feel safe and confident around food — not restricted or overwhelmed by it.

As an inclusive chef and educator, Tammie specializes in creating recipes that are:

- Gluten-free
- Dairy-free
- Allergy-conscious
- Nourishing and delicious

She believes food should bring connection, calm, and joy — not fear.



What Makes “Bake & Breathe” Different?

This isn’t just a cooking class.

Students will:

- Work in small groups (13–18 students, 5 cooking stations)
- Learn foundational baking skills
- Practice mindfulness techniques while mixing and waiting
- Explore how slowing down can shift mood and focus
- Reflect on how food preparation can be grounding

While items bake, students will practice:

- Box breathing
- Sensory grounding
- Simple guided moments of calm

These tools are practical, age-appropriate, and transferable to school stress, sports, friendships, and everyday life.



What We’ll Be Baking

Over three weeks, students will prepare:

- Cinnamon Swirl Banana Snack Cake
- Blueberry Oat Muffins
- Soft-Baked Chocolate Chip Cookie Bars

All recipes are:

- ✓ Gluten-free
 - ✓ Dairy-free
 - ✓ Nut-free
 - ✓ Designed for middle school skill level
 - ✓ Created to be approachable and confidence-building
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Program Details

- 3-week Spring Student Connection Group

Bake and Breathe

- 40–50 minute session format
- Voluntary sign-up for 6th–8th graders
- Held in the home-ec classroom

Students will miss two class periods during the program (per school scheduling structure), and timing rotates to avoid missing the same class repeatedly

The Heart Behind It

In today's fast-paced world, many students rarely experience intentional slowness. Bake & Breathe creates a space where students can:

- Feel safe with food
- Try something new without pressure
- Connect with peers
- Experience small wins
- Build confidence
- Learn practical calming tools

The goal is not perfection — it's presence.