

One Sweet Day for Ontario Home Economics

The Manitoba Canola Growers (MCGA) partnered with the Ontario Home Economics Association (OHEA) in search of the next best cupcake. They held a Cupcake Contest at OHEA's annual conference at the University of Toronto in March.

The winning cupcake was a decadent Lemon Cupcake with Cheesecake Frosting submitted by Katrine Gahol, a second year student in the Food and Nutrition program at Ryerson University. Her cupcake beat out 20 other entries for first place.

The contest was blind judged by Pay Chen, former Winnipeg TV host who now calls Toronto home, and Ellen Pruden, Education and Promotion Manager at MCGA.

MCGA is proud to support the Ontario Home Economists Association conference. "Home Economists are an important thread in the fabric of cooking, health and nutrition in Canada," says Pruden of the partnership. "Home economists are educated, trained and committed in providing Canadians with health information and they are a passionate group of people."

Pruden was delighted to see the range of cupcakes that the Home Economists submitted in the contest. From healthy to vegan, and gluten-free to traditional, the recipes represented the individuality of each baker.

The one criteria to enter the contest was that canola oil be used in the recipe. Canola oil is versatile, economical, and a local, Canadian product. It works well in baking Pruden explains, "by using canola oil in the batter you can achieve a moist, light and in many cases a lower fat cupcake without sacrificing the taste."

There were so many quality entries, the judges choose two runner up winners: Katie Brunke's Chocolate Stout Cupcakes with Mocha Frosting and Mairlyn Smith's Don't Forget to Leave Room for Chocolate Cupcakes.

MCGA held a similar contest in the 2012 OHEA conference with cookies. Katie, a student (and this year's first runner up) won that year too. "I am thrilled that for the second year in a row a student won the contest," Pruden expressed. "It's great to see the passion and commitment of the students to enter the contest and have their hard work pay off."



[Meet the winner Katrine, and learn about her inspiration behind her winning Lemon Cupcake with Cheesecake Frosting.](#)

MCGA is committed to maximizing net income for Canola farmers through sustainable production.

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