

FOOD CONNECTS US

PREPARED FOR YOU BY AMAZING MEMBERS
OF THE MEMBERS' CLUB

*Soup As A Balm
For Your Stomach*

*Magic In The
Kitchen With
Kashmiri Noon
Chai*

*Celebrate The
Season With
Food Gifts*

*7 Sweet Recipes
To Satisfy Your Family*

DRINKS & GARNISHES
to love

FOOD CONNECTS US

Member's Club Magazine
Issue #2 Winter 2021

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Free publication of the Members' Club

You can download this and previous issues [from our website for free](#), or if you are a subscribers, you will receive it in the newsletters from Lucia Marecak, and from our members.

Our website

Visit www.healthygoodiesbylucia.com to learn more about us.

Member's club

Learn more about our Members' Club [here](#), and become our member, if you want to grow amazing food photography skills, start your own photography business or be featured in our magazine in the next issue!

Follow us

[instagram.com/healthygoodies_membersclub](https://www.instagram.com/healthygoodies_membersclub)
[facebook.com/healthygoodiesbylucia](https://www.facebook.com/healthygoodiesbylucia)



Get to know our team



Lucia Marecak

Lucia is a food photographer and creator of the Healthy Goodies by Lucia & Members' Club - an interactive platform for food photographers from all over the world. She helps food photographers to build amazing food photography skills and business.



Katja Monnerjan

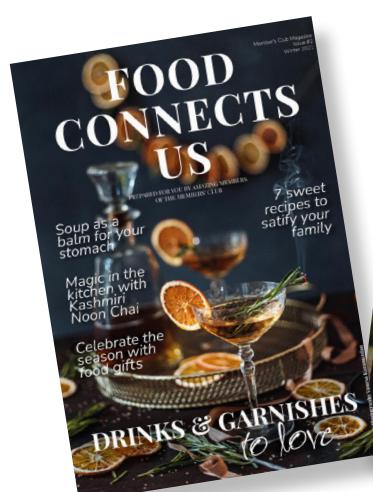
Katja is German and came to Turin in 2012 for family reasons. She finished her graphic design studies in 1992 and is working as a freelance designer since 2006. She concentrates on classic design like logos, corporate design, flyers, posters and hand lettering.



Alessia Ronco

Alessia lives near Turin, in northern Italy. In April 2020, she founded her food blog called 'Lasagne a Colazione' (which literally means 'lasagna for breakfast!') where she shares her favourite recipes. Follow her work at lasagneacolazione.it.

Our current and past issue



*“Food Connects Us” is
happening when our
community members get
together to create the best
recipes for you.... Enjoy!!!*





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Welcome To Our Winter Issue!

Born as a simple idea, and here we are, excited and proud to introduce to you the second issue of our magazine FOOD CONNECTS US.

Our magazine is prepared by the members of our Members' Club. It all happens during our tournament, we team up, have fun and create the best content for you.

Members' Club is a learning community for food photographers. We all come from different countries, we all have different traditions and winter is different for many of us. However, what connects us all is one passion and love for food that we proudly share with you too.

Because we all come from different parts of the globe, in this winter issue, we wanted to bring you the very best of what winter has to offer in terms of food, as well as sharing with you the best places and restaurants you can visit in various countries.

So, whether you love cooking, or you are just looking for inspiration for your next photoshoot, here, you will find amazing recipes combined with beautiful photography.

If you love this magazine, we will be very grateful if you support us by sharing this magazine with your friends and family or on your Instagram. I want to thank you from my heart for being here with us and for your support.

with love, Lucia



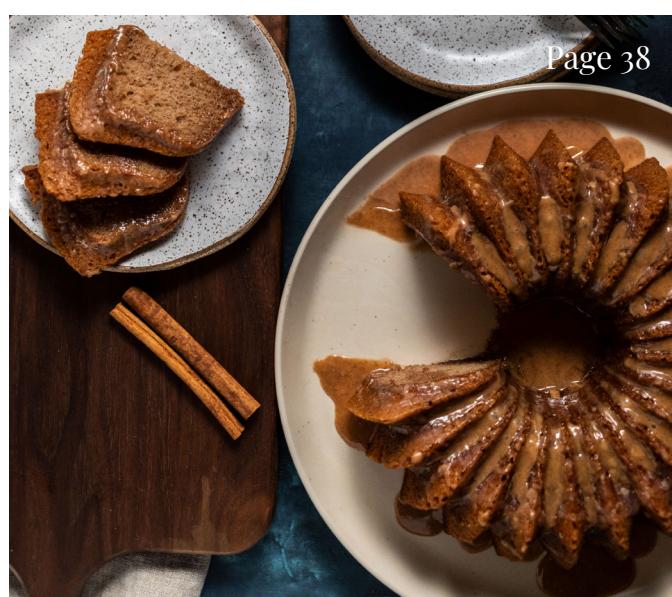
Founder of the Healthy Goodies by Lucia & Members' Club



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What is our Members' Club about?

Tournaments to work in virtual team with other members and improve your communication and project skills



Masterclasses "virtual workshops" to improve your composition, lighting, editing and retouching skills

Regular image feedbacks and critiques to develop your constructive self-critique skills



Live calls to answer your questions and network with other Club members



Monthly workbooks to help you follow all monthly activities

Experts joining us live to share their knowledge and insights



New course every month to improve your photography and business skills



Interactive and supportive community

The Members' Club connects you with other like-minded photographers and food bloggers from all over the world, and helps you take your food images to the next level and build a business of your dreams

Learn more at www.healthygoodiesbylucia.com, or contact me on Instagram at @healthygoodiesbylucia.

Meet This Issue's Bloggers



Aparna

Aparna is mummy to a sassy girl! She recently started her journey in food photography and enjoys photographing bright and airy photos. Aparna is an external communication specialist by profession, working for a major tax and audit firm in London.

 [@sankaranaparna](https://www.instagram.com/sankaranaparna)



Corina

Corina is a full-time food blogger based in the UK. Her blog is [SearchingforSpice.com](https://www.searchingforspice.com) and she loves creating dishes using spices inspired by recipes from around the world. Over the past year she has really focused on improving her food photography and loves taking light and bright images of the dishes she creates. She's also a mother of 2 children and encourages them to share her love of spices.

 [@searchingforspice](https://www.instagram.com/searchingforspice)



Honey

Honey is an Egyptian food photographer who has a passion for home-made food and baking. She likes styling food in a way that evokes beauty and storytelling to make her images look mouth-watering. Honey pays attention to details in her photos and uses flowers, layering and different textures, combined with a love of artificial and natural lighting. Other than that, she loves travelling and has visited more than 30 cities.

 [@thebakingboutique1](https://www.instagram.com/thebakingboutique1)



Monika

Monika is Lithuanian and lives in London. She has had a passion for food for a very long time. The kitchen is her happy place. In May 2020, she opened an Instagram account for fun but soon realised that she loves photographing food. Fast forward a year later, Monika is a UK-based commercial food photographer, food stylist and recipe developer known as [@foodtography.with.monique](https://www.instagram.com/foodtography.with.monique) on Instagram.

 [@foodtography.with.monique](https://www.instagram.com/foodtography.with.monique)



Melanie

Melanie is a foodphotographer, content creator and social media manager based in Berlin, Germany. She is a nutritionist with a passion for vegan food and a healthy life style that turned into a small business so far. In summer 2021 she re-started her blog where she shares all about healthy vegan food. Have a look at her recipes on [Instagram](https://www.instagram.com/melanie_aurich) or at melanie-aurich.de.

 [@melanie_aurich](https://www.instagram.com/melanie_aurich)



Valerie

Valérie is a Belgian-Swiss photographer, who divides her time, with her husband and 2 boys, between these 2 countries. She is a legal assistant by training and has also worked in the hotel business for several years.

Passionate about art and beauty, she started studying photography in 2019. Her focus is on Nature, Architectural and Business photography, but her passion lies with Food Photography. Her work can best be described as: creative, feminine and atmospheric.

 [@valerie_swennen_boehlen](https://www.instagram.com/valerie_swennen_boehlen)



Vanesa

Besides food styling and photography, she also works in the public health field. Food photography began in 2020 as a way to continue expressing her love for food and artistic expression. Her style is defined by the many cultures, languages and foods that represent her. Born in Argentina and raised as Armenian, she embraced her husband's Polish culture. She currently calls Philadelphia, United States home, together with her husband and son.

 [@vanekaramanian](https://www.instagram.com/@vanekaramanian)



Daniela

Daniela hails from Sofia, Bulgaria. She possesses an infinite passion for baking. In 2012, she started her blog 'Dani's Cookings' as a side hobby, while building her corporate career. Seven years later, she self-published her first cookbook named "Healthy Desserts". Daniela discovered her calling in 2020 and left her management job to pursue photography and blogging full time. She writes at danicookings.com.

 [@daniscookings](https://www.instagram.com/@daniscookings)



Alessia

Alessia lives near Turin, in northern Italy. In April 2020, she founded her food blog called 'Lasagne a Colazione' (which means 'lasagna for breakfast!') where she shares her favourite recipes. Alessia loves making dishes that are both simple and creative. She enjoys recreating vintage recipes with a modern touch. The first month of 2021 kickstarted her journey in baking bread such as focaccia and sourdough. Follow her work at lasagneacolazione.it.

 [@lasagneacolazione](https://www.instagram.com/@lasagneacolazione)



Carrie

Carrie Ann is an editorial food, travel and lifestyle photographer based in the United States. Growing up, she spent many hours in the kitchen with her mother and grandmother, learning to prepare delicious recipes. Her entire childhood revolved around food and the great memories it brought. After college, she began traveling the world, photographing in various countries to capture what food means to each culture through visual storytelling.

 [@carrie.kouri](https://www.instagram.com/@carrie.kouri)



Angela

Angela has been a marketing executive for more than 20 years in the entertainment industry. In 2020, she decided to embrace photography as her new mission. Angela is really passionate in helping brands communicate better with professional images and a more cohesive identity, as well as constant innovation. She understands marketing issues and positions herself as a real supporting partner for her clients. Her website is angelatelesca.it.

 [@angelatelesca_photo](https://www.instagram.com/@angelatelesca_photo)



Deborah

Deborah is a food photographer and stylist based in Kuala Lumpur, Malaysia. Her background is in Communication and Publishing, having eight years of working experience in various top magazine publications in Malaysia. Her images evoke these three keywords: rustic, appetising, and beauty. Deborah believes there's no right or wrong to make art; there's only being true to oneself, one's voice, style and creative vision. She blogs at [saveurmalaisie.com](https://www.saveurmalaisie.com).

 [@saveurmalaisie](https://www.instagram.com/@saveurmalaisie)



Prathi

Prathibha (or 'Prathi' in short) is a scientist and a businesswoman by day, and foodie all the other times. Based out of Germany, her passion for everything food and photography is chronicled on her Instagram blog [@spicetripping](https://www.instagram.com/@spicetripping). She is now taking baby steps to develop that passion into her second business venture on developing, photographing, and documenting recipes that satisfy both body and soul.

 [@spicetripping](https://www.instagram.com/@spicetripping)



Abantika

Abantika is from Kolkata, India — a city known for its sweets. Currently living in Mumbai, she works as a full-time marketing professional. Abantika started her food photography journey in 2020 without any knowledge of how to use a camera or style a scene. One year later, it's a different story altogether. She shares her food photos and recipes on Instagram, on her profile [@pithepayeshpie](https://www.instagram.com/@pithepayeshpie).

 [@pithepayeshpie](https://www.instagram.com/@pithepayeshpie)



Raquel

Raquel is passionate about kitchen and photography. Her passion for the kitchen brought her to Cordon Bleu patisserie in Madrid where it helped shaped her early years in cooking. When her family opened a restaurant named Roostiq, she was put in charge of desserts. She created her YouTube channel during the Covid lockdown called 'Yo Cocino Encasa' where she published videos of her recipes and cooking for 98 consecutive days!

 [@23raquelalvarez](https://www.instagram.com/@23raquelalvarez)



Luisa

Besides food photography, Luisa, who is a Dominican-Spanish, is also a recipe developer and ardent lover of lemons. While working as a health coach, she discovered her passion to shoot food as an art form. Luisa's favourite moments to capture are the moments of sharing, cooking and feeding our souls throughout the slow movement of creating natural, espiritual and healthy foods. Her website is thehealthybox.org.

 [@luisa_food_photography](https://www.instagram.com/@luisa_food_photography)



Hajar

Hajar was born and bred in the charming city of Casablanca, Morocco. In March 2019, she quit her job to pursue a career in food photography. One year later, Hajar founded her blog hajarbenomar.com where she continues to share creative ideas and tips about food photography as well as some of her favourite homemade recipes.

 [@hajarbenomar](https://www.instagram.com/@hajarbenomar)



Kasia

Although born and raised in Poland, Kasia now calls Italy home. Her memories of helping her mother in the kitchen helped to shape her love for home-cooked food. Gradually that love transformed into a passion for photographing food. Kasia goes for emotive visuals and beautiful, delicate styling using soft, natural light to showcase the beauty of the food. She loves capturing bright, fresh and natural images.

 [@kasiaphotocreations](https://www.instagram.com/@kasiaphotocreations)



Petra

Petra is a food and lifestyle photographer based in Vienna, Austria. From styling the scene to finding the right light to set the mood, her mission is to help her clients - large and small - tell their stories through attention-grabbing visuals that make the viewer stop and stare. Her visuals set the scene, to evoke a feeling. Follow her journey at petraflucka.com.

 [@petraflucka](https://www.instagram.com/@petraflucka)



Linda

A London-based food and drinks photographer, Linda tends to shoot in natural light. She has recently discovered a love for hard light (when the British weather allows!). She also professes a love for photographing cocktails and creating scenes that feel authentic and natural. Her clients are food and drinks brands, restaurants and cafes. On the side, Linda also runs food photography workshops. Visit her website at lindahermansphotography.com.

 [@lindahermansphotography](https://www.instagram.com/@lindahermansphotography)



Tatiana

Before becoming a food photographer, she got influenced by Italy. This beautiful country with its cuisine traditions and charm inspires her daily. Another impact is her childhood thanks to her mother. In their home there was always a delicious smell when she was cooking. In this way, she was creating coziness, soulfulness at home, and my future passion for food. Anyway, I am grateful to my destiny for this choice and vocation in life.

 [@tati_liberta](https://www.instagram.com/@tati_liberta)



Johncie

A former TV producer based in India, Johncie has created content ranging from food, art, fashion and entertainment for various well known media companies. Food Photography combines two of her passions - Visual storytelling and Food. Johncie is a passionate cook with a deep interest in promoting traditional food and culture. She also loves baking and experiments with recipes from other cuisines as well.

 [@jcs_curiouspalate](https://www.instagram.com/@jcs_curiouspalate)

**Veera**

Veera hails from Helsinki, Finland. She is the author and recipe developer of the sugar-free blog 'The Queen of Delicious'. When she isn't blogging and photographing, Veera is a busy mom of three and a head of marketing in the events industry. She enjoys walks in nature, chocolate, baking, and the Marvel Cinematic Universe. Her friend calls her the "crazy X-mas lady"! She blogs at thequeenofdelicious.com

 [@thequeenofdelicious](https://www.instagram.com/thequeenofdelicious)

**Wambugi**

Wambugi is a plant-based food photographer who loves sharing her passionate creations that evoke wonderful emotions with her clients and audience. With an eye for diverse, cultural ways of preparing food, she tells this and more stories through her beautiful, bold pictures. Currently switching base between two capital cities Nairobi and Cairo, Wambugi enjoys diversifying her work by taking images of cultural foods as well as hobby sports and art. Visit her website wambugi.com

 [@wambugirispah](https://www.instagram.com/wambugirispah)

**Aisha**

A Pakistani food and lifestyle blogger based in Finland, Aisha started her blog in 2021 where she shares a variety of home-cooked recipes inspired by her travels and experience of different cultures. Her mission is simple: To spread joy through her cooking. Aisha writes at mycozylittlekitchen.com

 [@mycozylittlekitchen](https://www.instagram.com/mycozylittlekitchen)

**Nisha**

Nisha is a Food Photographer, Stylist and Content Writer based in Chennai, India. She loves exploring food and culture through cooking, writing and photography. She is inquisitive about the evolution of food, the fascinating tales that are woven around its origin, and the role it plays in shaping the local community and beyond. You can find her mostly in the kitchen trying to whip up something for her blog or reading/researching culinary stories. You can find her work at <https://www.nisharamesh.com>

 [@themagicsaucepan](https://www.instagram.com/themagicsaucepan)



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Food Gifts For Christmas Season

Styling, Photography & Recipe by Monika Jonaite



One of the reasons why people love Christmas is because of the amazing food that comes with it. Why not make some special food gifts to your family and friends.

Food Gifts For Eid Season

Styling, Photography & Recipe by Honey Yehia

When it comes to celebrating EID season then shortbread Cookies is one of our favorites.

It is usually made in every home And gifted to neighbors, family and friends.



White & Dark Chocolate Covered Pretzels

Styling, Photography & Recipe

by Monika Jonaite



Ingredients

Salted pretzels
Good quality dark & white chocolate
Festive sprinkles

Method

Place white and dark chocolate in two separate microwave safe bowls. 30 seconds in microwave or until chocolate is melted. Stir until smooth.

If you're dipping pretzel hearts, use a fork to coat each pretzel in chocolate, then tap the fork against the side of the bowl to remove excess chocolate. Place each pretzel onto parchment paper, then top each with festive sprinkles. Let the pretzels sit until dry. Store in an airtight container for up to 2 weeks.



Shortbread Cookies Or Ghorayeba

Styling, Photography & Recipe by Honey Yehia

Ingredients

1 cup ghee
1/2 cup powdered sugar
2 cups flour
Almonds for decoration

Method

Beat the sugar and the ghee well to a creamy texture then add the flour gradually until all combined then shape into small balls, decorate with almonds and bake in a preheated oven on medium heat for 15 to 20 minutes.

Eid is our festive celebration that comes immediately after fasting the whole month of Ramadan.

We usually bake Ghorayebah that is a type of shortbread as well as another type of cookie stuffed with walnuts and honey. Family and neighbors exchange these cookies as a way of sharing the celebration of this occasion.



Italian Christmas

Styling & Photography: Deborah Lee

Christmas is a special occasion in most families. And with the coming of Yuletide, there is one very distinct sweet bread that makes its yearly emergence in Italian homes and on supermarket shelves around the world. Instantly recognisable for its tall, domed shape, the panettone is a quintessential Christmas tradition you can't say no to, especially in Italy.



Ingredients

180ml water
3 egg yolks and 2 full eggs
1 orange, finely grated zest only
10ml vanilla extract
490g unbleached all-purpose flour
105g sugar
1 tbsp instant dry yeast
1 tsp salt
115g unsalted butter, softened
225g mixed dried fruit (raisins, cranberries, cherries)
60ml dark rum

*This recipe of traditional Italian panettone has been adapted from Ricardo's cuisine.

Method

In a large mixing bowl, whisk the water, egg yolks, eggs, orange zest and vanilla. In a stand mixer fitted with the dough hook, combine the flour, sugar, yeast and salt. Add the egg mixture and knead until the dough starts to form. Add butter and knead for 5 minutes. The dough will be soft and very sticky. Place dough in an oiled bowl. Cover with lightly oiled plastic wrap. Let rise in a warm, humid place for 1 hour and 30 minutes. In another bowl, soak the dried fruits in the rum, stirring several times, while the dough is rising (at least 1 hour). Fold the fruit and rum mixture into the dough until completely incorporated. Pour the dough into a 7-inch cake mould. Let rise, uncovered, in a warm, humid place for 1 hour and 15 minutes or until the dough has risen just above the edge of the mould. With the rack in the middle position, preheat oven to 180°C. Bake for 40 minutes to 1 hour depending on your oven. Use a skewer to check doneness.





*Styling & Photography
Angela Telesca*

Drinks & Garnishes To Love

By Vanessa Karamanian, Melanie Aurich &
Valérie Swennen-Boehlen

*Are you looking for a cozy drink
to warm you up this winter or a fun cocktail
for a festive season with family & friends?
We have the perfect recipe inspirations for you.*

Cinnamon & Clementine Hot Chocolate

Styling, Photography & Recipe Valérie Boehlen

Ingredients (2 cups)

1 tsp ground cinnamon
500ml/2 cups (almond) milk
100g/3 1/2 oz. dark/bittersweet chocolate (85% cocoa solids), chopped
about 10 mini marshmallows
unsweetened powdered chocolate or cocoa, for dusting
2 long cinnamon sticks, to serve (optional)

For the clementine syrup

2 tbs superfine sugar
grated zest and freshly squeezed juice of 2 clementines

Method

Begin by making the Clementine syrup. Place the sugar and clementine zest and juice in a small saucepan and simmer over a low heat until the sugar has dissolved and the liquid is syrupy. Let cool slightly. Sieve the cooled syrup into a clean saucepan and add the ground cinnamon, along with the milk and the chopped chocolate. Simmer over a low heat until the chocolate has melted, gently whisk to incorporate the chocolate and froth the milk.

Pour the hot chocolate into 2 cups and top with a layer of mini marshmallows. Dust with powdered chocolate and place a cinnamon stick in each cup. Serve immediately.



Hanky Panky

*Styling, Photography & Recipe
Vanesa Karamanian*

Ingredients

3 tbsp (1 1/2 ounces) gin
3 tbsp (1 1/2 ounces) sweet vermouth
1/2 tsp Fernet-Branca
For the garnish: Orange slice or twist

Method

Combine the gin, sweet vermouth and Fernet-Branca in a glass.
Fill the mixing glass with one handful of ice and stir for 30 seconds.
Strain into a glass and garnish with an orange slice.



Dry Orange Slices

Styling, Photography & Recipe

Vanesa Karamanian

Ingredients

2-3 oranges (any orange will work)

Baking sheet

Baking paper

Method

Preheat the oven to 75°C (170°F)

Slice oranges into 4-5 mm thick slices. Use a sharp long knife and cut the slices slowly but firmly.

I sliced 2 medium oranges to fill 2 baking sheets, but it depends on the size of your oven and how many oranges will fit.

Place the slices in a single layer on a paper towel and cover them with another towel.

Gently press to absorb the extra juice. I found that this extra step speeds up the drying process!

Place the slices in a single layer on a baking sheet covered with baking paper.

Bake for 4-6 hours or until completely dry.

Make sure to flip the slices several times during baking. Note that it may take longer than 6 hours, if you slice the oranges thicker, or if they are very juicy.

Let the slices dry at room temperature overnight. Store in an airtight container.

Enjoy them by themselves or dipped in chocolate.



Magic In The Kitchen With Kashmiri Noon Chai

*By Aisha Ambreen, Nisha Ramesh &
Wambugi Rispah*

Kashmiri Chai is a bit of a delicacy, because of the long, beautiful process of making it.

The secret? Adding baking soda, which turns the green tea leaves into a Beautiful Burgundy deep Reddish Colour.

As its name suggests, Kashmiri tea, a traditional beverage, originates from Kashmir Valley between India & Pakistan.

Its also famously known as Noon chai [translated to Salt Tea], Shir chai, Gulabi chai, or Pink tea.

Kashmiri tea is usually served at breakfast with Kashmiri bread spread with butter.



*Styling & Photography
Aisha Ambreen*



Ingredients

- 1 cup ice cold water
- 1 cup room temp. water
- 1 green tea bag
- 1 thumb length cinnamon stick
- 1/8 tsp of baking soda.
- 1 1/4 cup milk
- 1/4 cup cream
- Some cardamom pods
- Some nuts for garnishing



Method

Boil the water with tea bag, cardamom & cinnamon stick in a [tea] pot over medium heat. Once boiled, add 1/8 tsp of baking soda & stir in gently. The water color will turn a deep burgundy red. Add ice cold water in it and mix well. Then add the 1 1/4 cup of milk, 1/4 cup of cream. Place pot back over stove & Reboil. Voilà, you have a lovely pink tea in front of you :). Serve, Garnish with some crushed nuts & enjoy!



Boost Your Health & Energy With Spice

By Johncie Correia, Tatiana Zavgorodnia, Veera Rusanen



Winter is here and so are the dark and gloomy months. As we cuddle up with bonfires and comfort food, the long chilly days can sometimes bring down your energy levels and make you feel uninspired. Not to forget the flus, colds and illnesses that come with the wintry weather. Hence it is a really good time to boost your immunity and fight the blues with some simple yet effective natural superfoods.

Styling & Photography
Veera Rusanen

Honey

Honey can be used to soothe sore throats when mixed with warm water, or to alleviate cough when used alone with similar effects as most medicines. However, be aware that honey should not be given to children younger than 12 months.

Lemon

Citrus are a good source of vitamin C and may provide protection to several illnesses.

Cinnamon

Cinnamon is a delicious spice, sprinkled on toast and lattes. There are two types of cinnamon, Ceylon cinnamon and Cassia cinnamon. Both cinnamons are widely used but Cassia cinnamon, in large consumption, can be harmful because of its high concentration of a compound called coumarin.

Ginger

Ginger helps to soothe sore throats, eases congestion, and alleviates nausea and vomiting. It can be taken in its natural form, as a supplement or for topical use on the skin.

Turmeric

Turmeric, a plant in the ginger family, is used as a culinary spice and traditional medicine. Its main compound, curcumin, is thought to improve immunity and reduce inflammation. But their true health effect remains uncertain because curcumin is unstable and it easily changes to other substances, making it challenging to research.

Peppercorns

Black pepper, known in the past as the black gold, was one of the most wanted spices because it enhances food flavor, acts as a preservative, and adds heat to a dish. Black pepper has the ability to increase the amount of nutrients absorbed during a meal

**Always consult with your doctor or medical professional for dietary advice to consider your health status, lifestyle, and food preferences.*





Ginger Turmeric Drink With Lemon

Recipe Veera Rusanen, Styling & Photography Veera Rusanen, Johncie Correia, Tatiana Zavgorodnia

Put the health benefits of these six super-foods into one easy-to-make but effective drink.

Ginger Turmeric with Lemon can be enjoyed as a hot tea to warm you on chilly gloomy days or as a refreshing cold beverage to give you an immediate boost of energy.

The latter is a great way to kick-start your mornings. All the ingredients are easy to find in common grocery stores all around the world. We recommend using fresh and organic ingredients to gain most benefit from these spices.

Ingredients

1 organic lemon
100 g fresh ginger
20 g fresh turmeric root (or powder)
1 Ceylon cinnamon stick
20 black peppercorns
1,5 l water
0,5 tbsp honey (per cup)

Method

Cut the lemon into cubes. Peel the ginger and slice it thinly. Peel the turmeric and grate it. Put all these ingredients along with black peppercorns and cinnamon into a pot. Add water and bring to a boil. Let it bubble for two mins. Take the pot off the stove and set it aside to let the ingredients infuse for at least 15 minutes. Sieve and serve hot with half a tablespoon of honey per cup or cold in a shot sized portion. Refrigerate the remaining if not using immediately.

Soup As A Balm For Your Stomach

By Petra Fucka, Hajar Benomar, Luisa Rodríguez, Raquel Alvarez, Abantika Ghoshal

Are you looking forward to the cold season? Whilst there are not many sunlight hours to enjoy, winter definitely has a magical vibe that we should try to embrace. Here are our tips to help you enjoy this winter to the fullest!

One soup a day: That is our slogan for this Winter. It doesn't only warm you up but it will literally be a balm for your stomach.



Creamy Zucchini Soup

Styling, Photography & Recipe by Hajar Benomar

This creamy zucchini soup recipe is a Winter winner. Made with fresh zucchini and carrots. It's best served with a drizzle of cream, sunflower seeds and fresh coriander.

Ingredients

500 g zucchini
1 medium potato
1 medium carrot
1 leek
1 tablespoon of olive oil
parsley
salt
pepper
1 garlic clove
1 portion of cheese
or 1 tablespoon of cooking cream

Method

Roughly chop the leek and put it in the casserole.
Add olive oil, salt and pepper.
Brown the leek for a few minutes.
Roughly chop the zucchini, potato and carrot.
Add the parsley and garlic and put everything in the casserole. Cover with water. The water level should be at the same height as the vegetables.
Cook for about 15 minutes. When finished cooking, pour into a blender and mix until you obtain a creamy soup.

Optional: add a portion of cheese or 1 tablespoon of cooking cream. Garnish with Parsley, cream & sunflower seeds (optional)





We encourage you to get outside! Wrap yourself up in a cozy blanket and have a warm soup on your terrace or in the garden. If you have more adventurous friends you can even organise lunch with them. No matter what you choose, fresh air will keep you balanced in these dark days.

Comforting Soup

Recipe, Styling, Photography by Luisa Rodríguez



Ingredients

1 tbsp coconut oil
2 garlic
2 cms ginger
2 sprigs thyme
1 big white onion
120 grs. sweet potato
300 grs. or 3 medium carrots
160 grs. pumpkin
1 litter water
shimeji, portobello mushrooms
(for garnish)
black sesame seeds (optional)

Method

Add the coconut oil and sauté the garlic, ginger, thyme and onion until fragrant, stirring constantly. Add the carrot, sweet potato and pumpkin and stir until flavored. Add the water and let it boil over medium heat for 30 minutes. Add salt and pepper to your liking. Add to a blender and serve with the sauté mushrooms and sprinkle with the sesame seeds.



Cocido Stew

Recipe, Styling, Photography by Raquel Alvarez

Ingredients

2 cups chickpeas
9 oz. veal, cut into 2 inch chunks
1 ham bone
1 3" chunk of salt veal bone marrow
5 oz. 2-inch thick bacon chunks
1 large 10 inch chorizo
2 cloves of garlic
1 onion
2 large carrots
1 cup fine pasta (fideo)
Water
Olive oil
Salt

Method

Allow garbanzo beans to sit in water overnight.
Drain the excess .
Peel te garlic, onion , and carrots and set aside.
Cook veal , bones , chorizo in a large pot in just enough water to cover with salt as goust.
When the water begins to boil, remove the excess foam.
After an hour, add the chickpeas, garlic, onion and carrot whole.
Cover pot and simmer for an hour and a half.
Drain the stock and reserve the rest of the ingredients on a platter.
Put the stock back into the same por and cook the fideo noodles.
Cut the cooked vegetables into big chunks and add to the meat platter.



Khow Suey

Recipe, Styling, Photography by Abantika Ghoshal

Ingredients

400ml Coconut milk
1 packet egg hakka noodles
200 g boneless chicken
2 medium onions
2-3 dried red chillies
1 tbsp red chilli powder
1 tbsp turmeric powder
½ inch ginger
3-4 cloves of garlic
1 lemongrass stalk (optional)
1 tbsp gram flour (Besan)
salt to taste



Method

Soak the red chillies in a bowl of warm water for 15 minutes. Peel the outer layer of the lemongrass stalk. In a mixer, add onion, ginger, garlic, lemon-grass stalk, red chillies, turmeric powder and some of the red chilli water. Mix it well to make a smooth paste. In a pan, heat oil. Add the spice paste to it and let it cook for 2-3 minutes. Then add the chicken pieces and mix well with the spices. Add salt. If you are making vegan Khow Suey, you can add vegetables or tofu to it at this point. In a bowl, mix 1/22 cup coconut milk with 1 cup water. If you are using homemade coconut milk, use the 2nd extract (thin milk) for this. Add the coconut milk mixture to the pan and mix it well. Let the chicken cook in the coconut milk for 10-15 minutes. Once the milk is almost evaporated, add the rest of the coconut milk. If using homemade coconut milk, now add the first extract. Stir and let it come to a boil. In a bowl, mix 1 tbsp gram flour with 2 tbsp water and add the mixture to the soup. Add 1 tbsp red chilly powder and put the gas on low to let it thicken for 5 minutes. Switch off the stove once done. Boil water in a pan with a pinch of salt. Once the water comes to a boil, add the noodles and cook as per the mentioned time. Once done, immediately take it out of water and sprinkle oil over the noodles. Now it's time to assemble the dish. In a serving bowl, add the noodles first. Then, add the coconut soup on top of it. Garnish it with some fried onions and onions. add some spring onion and white onion as well and some coriander. add a lemon wedge. You can also sprinkle some ground peanuts eventually. Serve it hot.

Sweet Treats For A Family Christmas

By Alessia Ronco, Daniela Lambova, Carrie Ann Kouri, Kasia Selaszuk,
Aparna Sankaran, Corina Blum





Gingerbread Cookies

Styling, Photography & Recipe by Alessia Ronco

Ingredients

2 eggs
100g cane sugar
80g sunflower seeds oil
300g whole wheat flour
1 tsp baking powder
1 tsp honey
1 tsp ground cinnamon
1 tsp ground ginger
1 tsp ground nutmeg
1/2 tsp ground cloves

Method

In a bowl, whisk together the eggs, sugar, honey, baking powder and all the spices.
Add the flour and knead with your hands until dough comes together.
Preheat oven to 180°C.
Place one disc of dough on a lightly floured surface and roll it thick.
Cut out gingerbread men and transfer to baking sheets.
Bake until slightly puffed and set, 9 to 10 minutes, depending on the size of your cookie cutters. Let cool on baking sheets for 5 minutes before transferring to a cooling rack to cool completely.



Method

Layers

Preheat the oven to 180° C / 360° F. Grease two 7 inch/18 cm cake pans and line them with circles of parchment paper.

In a bowl whisk together spelt flour, a.p. flour, coconut sugar, baking soda, baking powder, salt and spices.

Add the eggs, oil and yogurt and continue whisking gently, until uniform.

Divide the batter between the two pans.

Bake for about 40 minutes or until a toothpick inserted in the centre comes out clean.

Let the layers cool completely before cutting them in half and assembling the cake.

Frosting

In a large mixing bowl beat the butter with the maple syrup until fluffy using an electric mixer. Add the cream cheese and beat few more minutes until soft and creamy.

Healthier Gingerbread Cake

*Styling, Photography & Recipe
by Daniela Lambova*

Ingredients

For the layers

180 g/ 1 1/2 cups a.p. flour
120 g/ 1 cup whole grain spelt flour
1 cup/ 200 g coconut sugar
3 large eggs
1/2 cup/ 100 ml olive oil
240 g / 1 cup yogurt
1 tsp ground cinnamon
1 tsp ground ginger
1/2 tsp nutmeg
1/3 tsp ground cloves
1/2 tsp baking soda
2 tsp baking powder
1/3 tsp salt

For the frosting

150 g / 2/3 cup butter, soft
500 g/ 17,6 oz cream cheese
120 ml/ 1/2 cup maple syrup



To assemble

After cutting the cake layers horizontally, place one layer on a serving plate and spread about 1/4 of the frosting on top. Cover with a second layer.

Continue the same process until using all layers. Spread the remaining frosting all around the cake.

Decorate with gingerbread cookies.

Christmas Spice Bundt Cake

*Styling, Photography & Recipe
by Carrie Kouri*

Ingredients

2 1/4 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 tablespoon ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon allspice
1/4 teaspoon ground cloves
1 3/4 cups dark brown sugar
3/4 cup unsalted butter, melted
3/4 cup unsweetened applesauce
4 large eggs
1 tablespoon vanilla extract
1 cup milk

Method

Preheat oven 350 °F/ 176 °C. Grease bundt pan. In a large bowl, mix all dry ingredients and set aside. In a large mixing bowl, combine unsalted butter, applesauce, eggs, vanilla extract and milk. Combine and mix both dry and wet ingredients into the same bowl and mix for two minutes or until well blended.

Pour into greased bundt pan. Bake 30 - 45 minutes or until thoroughly done.

Cool cake for one hour before adding glaze* on top.

Glaze

Mix in bowl 2 cups powdered sugar, 1 teaspoon of vanilla, 1 teaspoon cinnamon and 2 teaspoons of butter.





For the raspberry compote

1 cup frozen raspberries
1/2 cup water
1 tsp sugar

Toppings

½ of orange, pink grapefruit cut into slices, 1 tangerine divided in quarts.
Seeds from 1/2 pomegranate
2 tsp nut butter
Pumpkin seeds and/or walnuts

Method

Put the oats, water and milk in a saucepan and bring to boil over a medium heat. Cook gently for 10 minutes, stirring often. Stir through the salt and brown sugar. If needed add more milk or water to thin the porridge, if you like.

In a medium pot add the frozen raspberries, water, and sugar and bring to boil over medium heat. Simmer for 2-3 minutes, mix and evenly divide on top of the oatmeal bowls. Add the other toppings and serve warm.

Winter Porridge

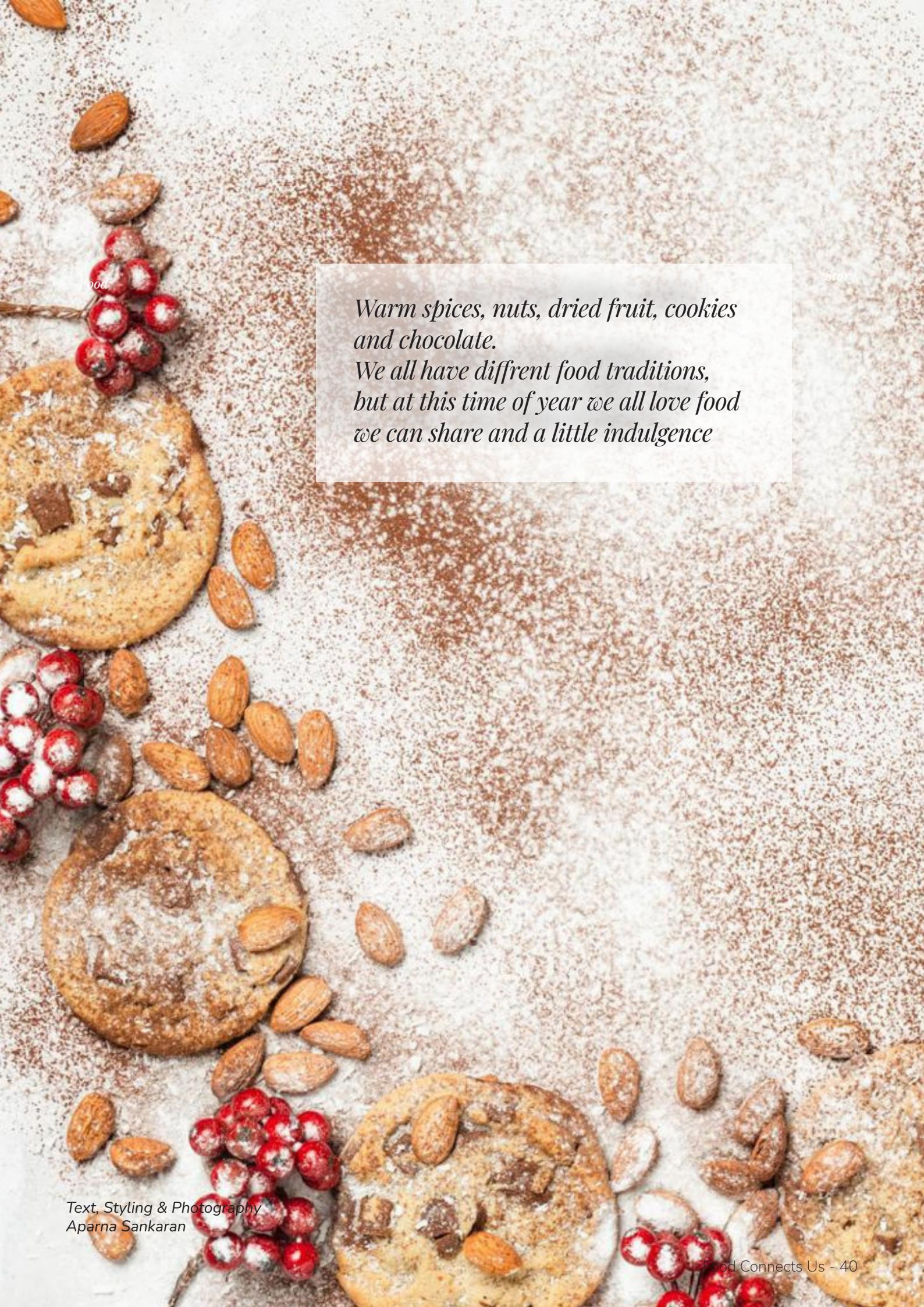
Styling, Photography & Recipe
by Kasia Selaszuk

With the arrival of winter waking up in the morning can become difficult if not traumatic. The sudden cold, fog and snow are not a great ally and you just do not want to drag yourself out of bed. But it's less painful when you are greeted by a warm, indulgent breakfast, like this warm porridge with seasonal toppings. One of my favourite toppings is raspberry compote, made of some frozen fruits boiled with little water. As additional topping I usually prefer the yogurt, the nut butter and some slices of fresh seasonal fruits.

Ingredients for 2 servings

1 cup rolled oats
1 cup of water
1 cup of plant milk
1 tsp of brown sugar or maple syrup
Pinch of sea salt





Warm spices, nuts, dried fruit, cookies and chocolate.

We all have diffrent food traditions, but at this time of year we all love food we can share and a little indulgence



Chewy Chocolate Chip Cookies

*Styling, Photography & Recipe
by Aparna Sankaran*

Ingredients

2cups all purpose flour
1 tsp baking powder
A punch of sea salt
50 grams milk chocolate chips
A few choco nibs for garnishing
100 grams soft unsalted butter
100 grams raw cane sugar
1 tsp vanilla essence
2 medium eggs

Method

Mix butter, vanilla extract, sugar and eggs, until everything is nicely combined
In a separate bowl combine all the dry ingredients
Now slowly pour the dry ingredients into the wet batter, and gentle fold all the ingredients
You can add the milk choco chips.
Roll the dough into an elongated shape and wrap in a cling film and refrigerate for 30 min
Pre heat the oven in baking mode 170 degree celsius
Set up the baking tray and layer with parchment paper
Take out the cookie dough from freezer and start slicing them. you should get about 8-9 round slices
Place them on the baking tray and bake for 12-15 min
Once done remove the tray and leave them to cool before enjoying them over a glass of warm milk.

Festive Cinnamon Sugared Nuts

Styling, photography and recipe by Corina Blum

Ingredients

1 egg white
200g soft brown sugar
1 tsp cinnamon
½ tsp vanilla extract
400g nuts (mixture of pecans, cashews and almonds)

Method

Preheat the oven to 150°C. Line 2 baking trays with non-stick baking paper.
Whisk the egg white for about 2 minutes until it forms soft peaks.
Stir in the soft brown sugar, followed by the cinnamon and vanilla.
Stir in the nuts so they are coated in the cinnamon sugar mixture.
Spread the nuts out on the baking trays. Try to separate them as much as possible from each other.
Bake in the oven for 45 minutes. Take out every 15 minutes and stir or shake them around to stop them from sticking to each other.





Mince pies are very popular at Christmas time in the United Kingdom; they fill supermarket shelves from November to January and the largest mince pie factory in England is said to produce 27 million of them each year!

If the mince pies themselves aren't enough, you'll even find mince pie flavoured products like ice cream, spirits, biscuits, chocolate and tea!

In my opinion, they are best enjoyed warm, served with a little cream and a glass of mulled wine.

Mince Pies

Text & Photography by Linda Hermans

Mince pies are sweet pies filled with a mixture of dried fruits and spices and are traditionally eaten during the Christmas season in the U.K. and other English speaking countries.

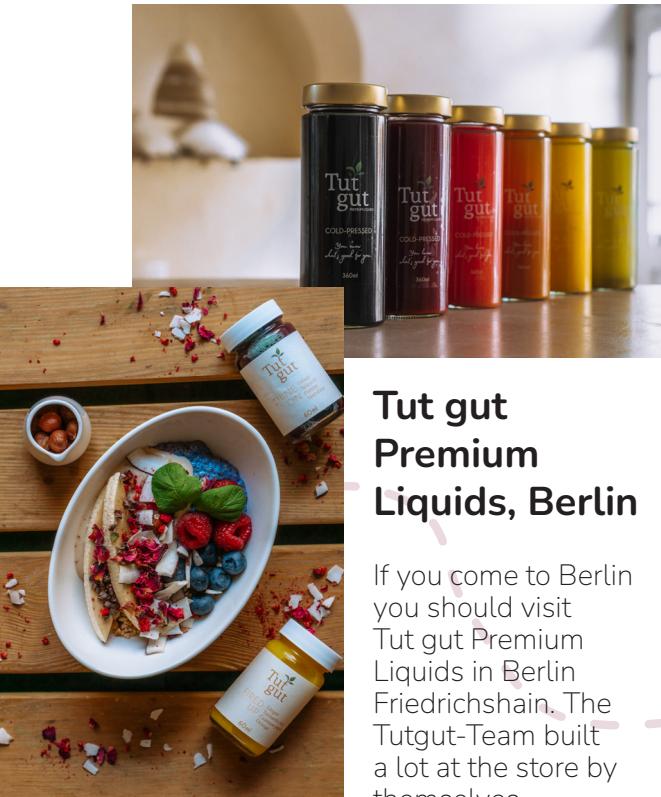
Originally, mince pies were filled with meat and were oval shaped to symbolise Jesus asleep in his manger.

The spices used in the filling are said to represent the gifts brought by the Three Wise Men to baby Jesus and the star that is often on top of the mince pie symbolises the Star that guided the wise men.



Our Member's Best Choices

Get inspired by our members choice for your next trip in these cities



Tut gut Premium Liquids, Berlin

If you come to Berlin you should visit Tut gut Premium Liquids in Berlin Friedrichshain. The Tutgut-Team built a lot at the store by themselves.

This project is all about wellness, movement, and connectivity. Their mission is it to create products that allow you to enjoy every sip of wellness and offer you a way to maintain the healthy life style you deserve.

They serve smoothie bowls, cold pressed juices, superfood smoothies, nut milq, immunity shots or chia puddings.

What makes the smoothies so different? The Liquid in the smoothies is the store-made almond milq, pressed with dates and spices, creating a delicious, healthy, pure and unprocessed smoothie base. Each of the smoothies is infused with superfood.

The products are the highest quality liquids. That's a promise and that is what Tut gut Premium Liquids is here for.

You can find them at the address:
Grünberger Str. 83,
10245 Berlin, Germany

Melanie's choice



Valérie's choice



The Jane, Antwerp

The Jane, located in Antwerp (Belgium), first opened its doors in 2014, offering a unique combination of top-notch gastronomy made accessible for a broad audience — whether young or old, foodies or guests who experience gastronomy for the first time — ever since.

The Jane is unique in the Benelux. This design food temple is in an impressive chapel, where the stained-glass windows are eye-catchers. You can admire the chefs in the kitchen behind glass, on the site of the altar. The spectacle is impressive. Nick Bril takes your taste buds to South America, to Asia, to... Seventh Heaven! Every ingredient is highly processed. The various combinations and techniques surprise. The cohesion between delicate garnishes and powerful main products is sublime. It's detailed, complex, and captivating. This 2-star Michelin restaurant is worth a detour.

You can visit them at this address: Paradeplein 1, 2018 Antwerp, Belgium





Spice Tripping Food Truck, Tübingen, Baden-Württemberg

We started the first South Indian Foodtruck on May 19th, 2021 with one location but now in 6 months, we serve lunch at 4 different locations in the city of Tübingen, Baden-Württemberg, Germany.

Our food has been the first to introduce south Indian homecooked meals in Germany. There are no preservatives, no artificial colors, no store-bought spice powders. Everything is cooked fresh with seasonal vegetables and homemade spice blends

We are open on Mondays, Wednesdays, Thursdays and Fridays between 11:30-13:30 and open for catering for private parties and events.

Monday and Friday from 11.30 AM - 01:30 PM at University of Tübingen, Auf der Morgenstelle Campus, Opposite ZMBP
Wednesday from 11.30 AM - 01:30 PM at AI Research Institute, Maria von Linden str 6, behind at the parking, 72076 Tübingen
Thursday from 11.30 AM - 01:30 PM at DZNE/ University Klinik Campus, Otfried-Müller-Straße 23, 72076 Tübingen



Prathi's choice



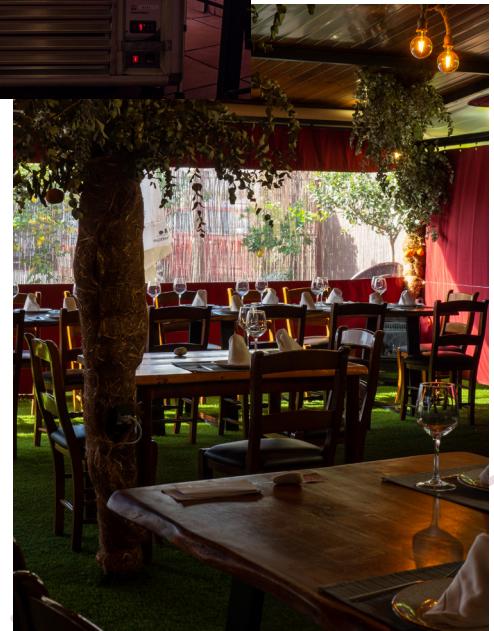
Tatiana's choice

Torremolinos, Spain

While eating the cold doggy bag food I took from Torremolinos, I enjoy the thought of just having had my first restaurant shoot there!

I can still recall the first day I ate there. I was hooked right away. It is not just a meat restaurant, but it is in fact also an artisanal butcher, known in all of Murcia, and you can choose your own meat. But the best part if you ask me? Their bottles of house wine, which come straight out the barrel!

You can find them at the address: Ctra. de Churra, n 113, 30110 Churra, Murcia, Spain





GET TO KNOW OUR MEMBER

Vanesa Karamanian

My name is Vanesa and I am a passionate food stylist and photographer and an endless food lover. I use natural light to show the beauty of food in an organic, rustic and delicate way.

My career in medicine and current work in nutrition has significantly influenced my experience, perception, and understanding of food. So, in 2021, I combined it with my interest in photography and started a new journey in food photography. On a more personal note, I was born in Argentina, grew up as Armenian, and now live in the United States with my husband and son.

How would you describe your photography?

Becoming a food photographer has been a wonderful journey. I have always been attracted to the aesthetic aspects of life, from fashion, design, and fine arts to the beauty of creating a one-of-a-kind photograph. What fascinates me the most is the art of manipulating light, color and texture to create a perception and emotional bond in the viewer. My style is sometimes simple, sometimes busy, but what defines me the most is the use of natural light to showcase the beauty in my images. I am also aware that as I experience life, my vision and photos will change. The stories I want to tell, the thing that resonates with me, the places I visit and the people I meet will continue to have an impact in my journey as a photographer.

What and who inspires you?

Food is an important part of our individual culture. What a culture eats and how they eat it is unique to that culture. It reflects what they grow and where they live in the world. One of my biggest influences in food has been Anthony Bourdain. His ability to tell the story behind a meal, describing ingredients, introducing people, and exploring cultures is an example of a storytelling that I truly enjoy. I also personally feel that my surroundings are my biggest inspirations, especially when I see natural light coming through a window and reflecting on a scene. Finally, the online food photography community has been such a wonderful surprise and a reminder to continue celebrating our unique visions of our food stories.

If you could give three tips to someone looking to start a journey in photography, what would you say?

Choose an area that you are passionate about. Surround yourself with people who will uplift you. Believe in yourself and remember a beautiful quote by Gloria Gaynor, “Self-esteem comes from what you think of you, not what other people think of you.”

Where can we see your portfolio/work?

I use my Instagram account to share my work. You can check it out and follow me at [vanekaramanian](https://www.instagram.com/vanekaramanian/) I have also been a guest on the podcast “Prescribe Me Something Else” sharing my experience as a healthcare worker who is navigating a hobby into a second career. We also discuss how the health care field can significantly benefit from arts, culture and other non-traditional means to improving the quality of life of patients and their loved ones. You can find my episode at <https://prescribemesomethingelse.buzzsprout.com/> or wherever you download your podcasts!

What clients do you work with?

Given my current work commitments, I am very selective about the type of projects I take on and when I offer my services. I love to connect with people and explore opportunities for collaboration. I have created images for restaurants, cafes, and food companies in the US, and I am now getting ready to host an exhibit to showcase my work at some local coffee shops.

What do you help your clients with?

I offer food photography, prop styling and food styling services. I create a variety of images ranging from single dishes to tablescapes that can be used for cookbooks, magazines, websites, or social media. I mainly use natural light and lots of texture while including storytelling to help you engage with your audience.

How can someone contact you?

Interested in collaborating, sharing ideas, and creating beautiful images? You can contact me through my IG account [vanekaramanian](https://www.instagram.com/vanekaramanian/), or via email at vkaramanian@gmail.com





GET TO KNOW OUR MEMBER

Valérie Swennen -Boehlen

My name is Valérie and I'm a Belgian-Swiss photographer.

I divide my time, with my husband and 2 boys, between these 2 countries. I'm a legal assistant by training and I have worked in the hotel business for several years.

Passionate about art and beauty, I started studying photography in 2019. My focus is on Business photography, but my passion lies with Food Photography.

How would you describe your photography?

My work can best be described as: creative, feminine and atmospheric. As a perfectionist, I have an eye for details. My motto is: "You are never too old to learn new things" and so I constantly try to learn and improve. I see myself as an artist, not just a person with a camera. I'm a creative spirit, an artist with the camera as my tool, just like a painter with a brush. It's not the camera that takes the pictures, it's me.

What and who inspires you?

I am daily inspired by art, nature and the beautiful things around me. To become a great photographer, you have to be a good observer. So, I try to mindfully study my surroundings, notice details, even the little things that most people overlook.

What do you help your clients with?

As a freelance photographer I am interested in working with small to medium sized businesses that want to showcase their services or products.

In particular, I enjoy working with businesses involved in food and beverages, as well as restaurants or hotels. I would also like to collaborate with (food) magazines or authors of cookbooks.

I can offer you quality, experience and consistency in work. The thing is: photography is a strategic marketing tool for building a brand and as a photographer I'm a provider of visual solutions.

I will help you to produce superior marketing content. With my skills, your brand photos can enter the consumer marketplace to make your business relevant and thriving.

How can someone contact you?

My website will be online soon, but in the meantime you can view all my images on instagram: [valerie_swennen_boehlen](https://www.instagram.com/valerie_swennen_boehlen/).

If you are interested in working with me, please contact me by email: valerieboehlen@gmail.com, and we will schedule a meeting to get to know each other better.





GET TO KNOW OUR MEMBER

Melanie Aurich

Hey I am Melanie, 34 years old and based in Berlin, Germany. Right after school I studied nutrition and so the passion for food was born. In January 2018 I became vegan and started to take pictures of my healthy vegan food. I uploaded them to instagram and found my next passion. Today I work as a social media manager and foodblogger. I also wrote a book about a sugar-free diet.



How would you describe your photography?

I prefer to shoot vegan sweets and smoothie bowls in a bright and airy way. I focus on shooting recipes, sometimes product photography and I did some first shootings for restaurants.

Where can we see your portfolio?

You can find my work on my website or on instagram.

www.melanieaurich.de
[@melanie_aurich_](https://www.instagram.com/melanie_aurich_)

What and who inspires you?

I get inspired by a lot of vegan food bloggers and food photographers on instagram.

What do you blog about?

My blog is all about vegan lifestyle and vegan recipes. Eating on a vegan diet with lots of fruits and vegetables feels so good to me. I don't focus on calorie counting or weight loss. It is more about eating healthy and delicious food that makes you feel good and energized. And remember balance is the key. In the end it is more than a diet, it is a lifestyle and I love to inspire people.

What clients do you work with?

I work with clients that are passionate about healthy vegan food and sustainability. Sometimes vegan food needs a lot of creativity and I love it. There are so many exciting new products that I didn't know about before.

I also started to shoot for vegan restaurants in Berlin.

What do you help your clients with?

I develop vegan recipes and of course shoot them. Besides that I can produce videos, reels for example, to document the cooking process.

How can someone contact you?

If you are interested in working with me, please contact me by email: hello@melanieaurich.de.



FOOD CONNECTS US

Member's Club Magazine
Issue #2 Winter 2021

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Want to collaborate?

For any requests about collaboration with the Authors in this publication, please address the Author directly. Alternatively, contact Lucia Marecak at lucia@healthygoodiesbylucia.com.

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www.healthygoodiesbylucia.com

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Become part of our Members' Club and benefit from our amazing and inspiring community. More info at www.healthygoodiesbylucia.com/members-club