

Learn

Plant Power!



Here you'll find everything you need to keep you and the people you love healthy and in tune with your own bodies.

Latest Blog Posts

Lauren's Kitchen



I adore creating delicious plant based foods for and with the people I love. Here you'll find recipes I've developed myself or borrowed and adapted from others all over the web. Please explore, share and enjoy!

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PLANT-BASED EATING





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BABY & CHILD HEALTH