

# flora & vino



## About Flora & Vino

Flora & Vino promotes healthy and balanced living through whole foods plant-based recipes. All of the recipes are vegan, gluten-free, and refined sugar-free. Many also have oil-free and grain-free options to support your unique lifestyle. The recipes focus on simple ingredients and kitchen techniques that are easy to find and follow. Flora & Vino strives to make plant-based eating exciting, beautiful, and delicious.

## About Me

Hi, I'm Lauren! I'm passionate about plant-based eating along with natural home, beauty, and sustainable living. I'm an advocate for mental health awareness and a striving minimalist. I love movement (running, hiking, yoga) and enjoy sharing personal stories on Instagram to inspire and connect!

## Services

I enjoy partnering with like-minded brands to produce creative content that showcases brand elements in an organic way. I love introducing my community to product options and how they easily enhance daily life.

- Food Photography
- Content Creation
- Recipe Development
- Social Media Posts

## Brands I've Have Worked With



## Analytics & Following

318K IMPRESSIONS  
60K WEBSITE PAGEVIEWS  
2.75K EMAIL SUBSCRIBERS

777K 95K 2k

